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# Welcome



Long gone are the days of nasty spam fritters and cremated roast dinners on offer in most British boozers. These days, the standard is so competitive, rave reviews, celebrity chefs and Michelin stars even, are all synonymous with many-a local. So, this issue, we're celebrating pub grub - the gluten-free way - with plenty of classics you can make at home. From Moroccan lamb pie (p18) and sticky BBQ chicken wings (p23) to seriously delicious chipotle mushroom burgers (p16), there's something for everyone. And if you have room, we've also included a selection of pub puddings, too - rhubarb, orange and ginger crumble (p86), anyone? You won't regret it...

For those of you looking for midweek meal inspiration, we've got recipes for all the family - even the pickiest kids! Try our spelt pasta with chickpea and sausage (p54), or tasty fish tacos with spiced tomato and toasted coconut (p53). Deliciously Ella's pesto butterbeans (p100) are perfect for a quick, comforting snack, and our chicken and cauliflower nasi goreng (p62) is a must if you want to give something exotic a go - so tasty!

We also have plenty of in-depth features for you this issue, including a guide to the best supermarkets for gluten-free goodies (p57). Plus, we separate fact from fiction when it comes to giving up gluten (p78), and we have an exclusive chat with TV chef and Coeliac UK ambassador, Phil Vickery (p114). This month is a real celebration of food, so get stuck in and enjoy!

Zeena

**Zeena Moolla, Editor**



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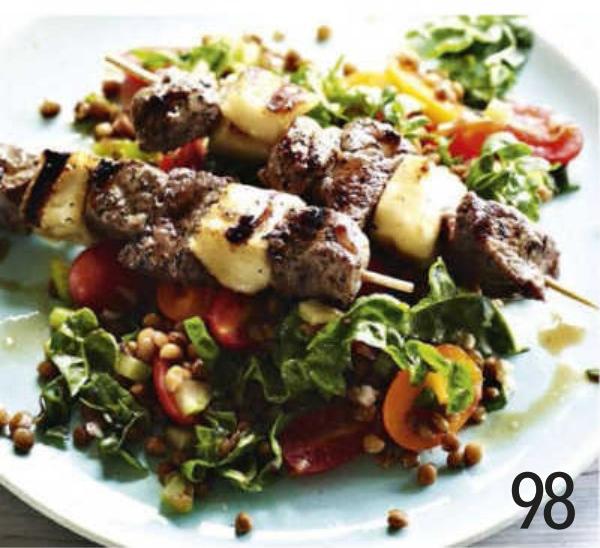
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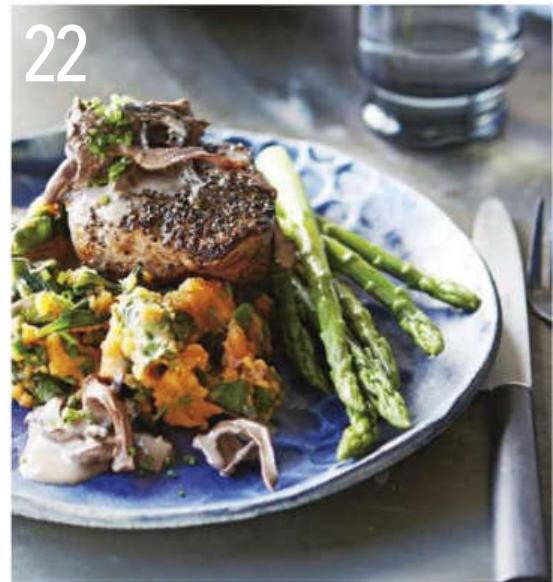
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# Over to you!

We love seeing your latest makes and bakes, so drop us a line and you could win a fab prize!

## *It takes guts*

Thank you for the article 'What is leaky gut syndrome?' by Eleanor Strang (Feb-March 2016). I have had IBS for years, but over the last few years it has got worse, making me think there must be more to it. I had antibiotics as a child for years and now wonder if that has caused the effects I have today, which are a lot of the symptoms mentioned in the article. Reading it has made me feel that it's possible I do have leaky gut syndrome. So, thank you for the article and making me think about my health more.

**Julie Day, London**



**Ed:** Glad to hear that we helped, Julie. We hope you're on the right track to sorting out your tummy troubles!



## *Pitch black*

Thanks so much for the recipe for black sesame ice cream in the last issue - I had a Black & White party for my 30th birthday party and served it as dessert... It went down a treat! People loved how unusual it was, and as I have vegan and gluten-free friends everyone was able to enjoy it!

**Sal Fisher, Birmingham**

**Ed:** That sounds like a great idea for a party - you've inspired me to do the same for my next birthday!

## *Goodbye gluten*

I wanted to say thank you so much for your beginner's guide to going gluten in last issue. I discovered I am sensitive to gluten

last year and have finally made the decision to cut it out completely. Now feel like I have all the facts to lead my new life! Lots of yummy recipes to try out, too!

**Francesca Smith, Cardiff**

**Ed:** That's great! There are lots of great books to help you adapt to your new lifestyle, too - *Against the Grain* by Nancy Cain is a really good one.

## *Cool Korea*

I really enjoyed your Korean recipes in the Feb/March issue - my mum was born in Seoul and I made her a pot of the cucumber kimchi - she said it reminded her of home! I used to make kimchi with my granny when I was a child and I remember it being so much fun - messy though!

**Kim Reynolds, Edinburgh**

**Ed:** Kimchi is amazing, isn't it? Not only is it really good for digestion, it's jam-packed with antioxidants, too!

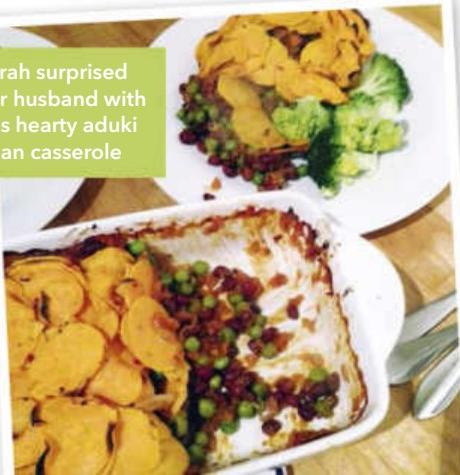
## *Bean busy*

I made the aduki casserole from the Jan/Feb issue of *Free From* - my husband couldn't believe it was gluten-free AND vegan!

**Sarah McLaren, Harpenden**

**Ed:** This was one of my favourite recipes from *Free From* - it's so hearty it's great comfort food for a cosy night in!

**Sarah surprised her husband with this hearty aduki bean casserole**



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\*This issue, our star letter winner receives £25 worth of delicious PERKIER goodies. To find out more about PERKIER products, go to [perkier.co.uk](http://perkier.co.uk)

## ON FACEBOOK

I just bought your magazine for the first time ever this morning, and just wanted to say I am so impressed with the variety of recipes and information for coeliacs. Can't wait to try some of the one pot and veg cake ideas out!

**Helen Wingfield**

Thank you for the lovely GF Lemon Drizzle recipe, I've finally gotten around to giving it a try and it's yummy!

**Caroline Lord O'Donovan**



## ON TWITTER

The rumours are true... #GlutenFree Dough Balls will be in our restaurants from March 22nd! Happy Wednesday @PizzaExpress

Mornin' Brunching it with some #glutenfree 'Buckwheat Pancakes' ... feels so good to be back in town. Yeow! #vegan Aine Carlin @AineCarlin

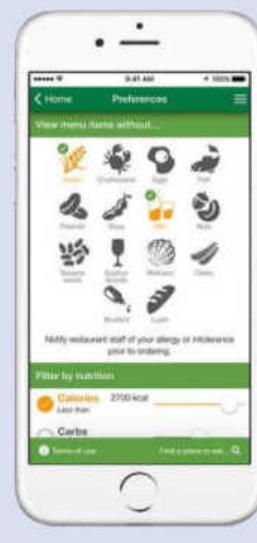
# News bites

Find out what's been cooking in the world of gluten-free living

## GREGGS TO GO GLUTEN FREE?

It looks like Greggs bakery is planning to trial a new range of gluten-free products in their stores. Roger Whiteside, chief executive of the bakery chain says: "We

want to make sure we have healthy options that are value for money." We'll have to wait until later in the year to get our gluten-free pasties, cakes and bakes, so watch this space! For more information, go to [www.greggs.co.uk](http://www.greggs.co.uk).



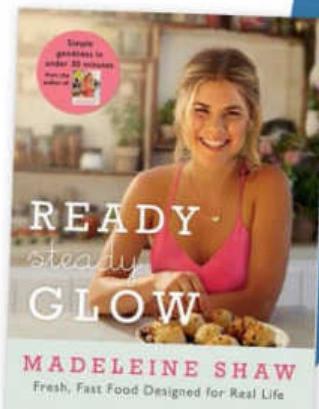
## APP OF THE ISSUE

### KAFOODLE

Created by Kim Antoniou and Tarryn Gorre after Kim's husband suffered an allergic reaction in a restaurant, the Kafoodle app is great for anyone who loves dining out. It allows you to search for a nearby restaurant to suit your dietary needs, avoiding 14 key allergens, plus it's connected directly to the kitchens of the restaurants using the Kafoodle Kitchen menu management system, so includes live information about menus as they change! Get it free through the App Store or Google Play.

## Ready, steady, glow!

You'll be excited to hear that Madeleine Shaw's second book will be hitting the shelves on 21st April. Ready Steady Glow (Orion Books, £20) is a book of two halves, with nourishing recipes that can be made in under 30 minutes, alongside weekend show-stoppers. What's more, all the recipes are wheat-free, sugar-free and contain natural ingredients that can be found in the supermarket. "I know that life is a balancing act," says Madeleine, who has also included her expert yoga routine to help you unwind!



## 3 of the best... pizza bases

### Schar

It couldn't be easier to create a taste of Italy in your own kitchen - just add your favourite toppings, bake and enjoy a home-cooked gluten-free and wheat-free pizza fresh from the oven. There are two bases per pack, individually wrapped for freshness, and the dough is both egg and lactose-free. £2.99, available from Asda, Waitrose and [www.schar.co.uk](http://www.schar.co.uk)



### Bob's Red Mill

This wholegrain crust mix makes a deliciously light and crispy pizza crust with a yeasty flavour, and bakes up to two 12-inch pizzas. It's dairy free, and is made with a range of different gluten-free flours including brown rice flour, potato starch and sorghum flour. You can also use it to make gluten-free chapati, roti and even donuts! £4.49, [www.hollandandbarrett.com](http://www.hollandandbarrett.com)



### Isabel's

This recipe uses only natural, allergy-free flours and was a team effort between the Isabel's team and Gip Dammone of Salvo's Pizzeria in Leeds. The mix makes four pizza bases, and you can also use it to make bagels, flatbreads, pasties and crêpes. Perfect for fans of the thin and crispy Neapolitan-style pizza, the mix is low in salt, free from sugar and suitable for vegans, too. £2.99, [www.ocado.com](http://www.ocado.com)



# What a waste

Can wonky veg help to push the Food Waste Bill through parliament?

**W**ith the recent news that France has become the first country to ban supermarkets from throwing away or destroying unsold food, forcing them instead to donate it to charities and food banks, the whole world is talking about food waste. MP Kerry McCarthy once again took her Food Waste Bill to parliament on 29th January, only for a government whip to prevent it from going through to Committee. However, with tremendous support from the public, food waste campaigners and restaurateurs like Hugh Fearnley-Whittingstall, she continues to press the government to take action.

Encouraged by Jamie Oliver, ASDA is trialling Wonky Veg boxes, while Sainsbury's is removing its Buy One Get One Free offers in a bid to encourage people to pick up bits and pieces when they need them. Apps like OLIO



are encouraging people to share their unwanted food, and with food waste interceptors like The Bristol Skipchen popping up all over the UK, it looks like we're on the right track. As we go to press, Kerry is taking her bill to parliament for a second reading, so fingers crossed! To keep up with Kerry McCarthy's campaign, go to [www.kerrymp.org/news](http://www.kerrymp.org/news)

## IT TAKES GUTS

Previously known as the Coeliac UK Youth Group, GUTs has been launched specifically for members of Coeliac UK aged around 18-30. The group aims to provide a supportive network to young adult members, and to promote the sharing of advice and tips relevant to this age group - anything from tips on gluten-free restaurants and bars to living with coeliac disease at university. Get in touch at [guts@coeliac.org.uk](mailto:guts@coeliac.org.uk), follow them on twitter @CoeliacUKYUG or join GUTs Coeliac UK on Facebook.



## Gorge'us grub!

One of the Wirral's favourite tearooms now has a glorious gluten-free menu! Gorge'Us Tea Rooms has been treated to a makeover, and award-winning baker Ceri Newton has launched a new range of treats after finding out she herself was gluten intolerant. "I am delighted I am able to make people smile with my cakes," says Ceri.

Keep up with Gorge'Us on twitter @gorgeuscakes and by liking their page on Facebook. You can also call them on 0151 334 4353.

## Diary dates

14th April

### An Evening with Calgary Avansino, Waterstones, Deansgate, Manchester

Determined to make the UK fall in love with real food again, California-born health expert Calgary will be in Manchester to discuss her new book, *Keep It Real*, and sign copies.



## keep it real

16th April

### East Lancs Gluten Free Food Fair, Canberra Club

Coeliac UK and its Preston group are hosting a gluten-free food fair, featuring the North West's best free-from food producers.

Email [eastlancs@coeliac.org.uk](mailto:eastlancs@coeliac.org.uk)

17th-18th April

### Natural Food Show, London

This trade event is the UK's biggest showcase for natural and organic food and drink! It's a chance to stock up and stay up to date with trends - perfect if you're in the food and drink business. [naturalproducts.co.uk](http://naturalproducts.co.uk)



23rd-25th April

### Exeter Food festival

Held in the courtyard of Exeter Castle and the surrounding Northernhay Gardens, this festival includes two evening After Dark Events, and features live music, demos and over 100 producers. [exeterfoodanddrinkfestival.co.uk](http://exeterfoodanddrinkfestival.co.uk)

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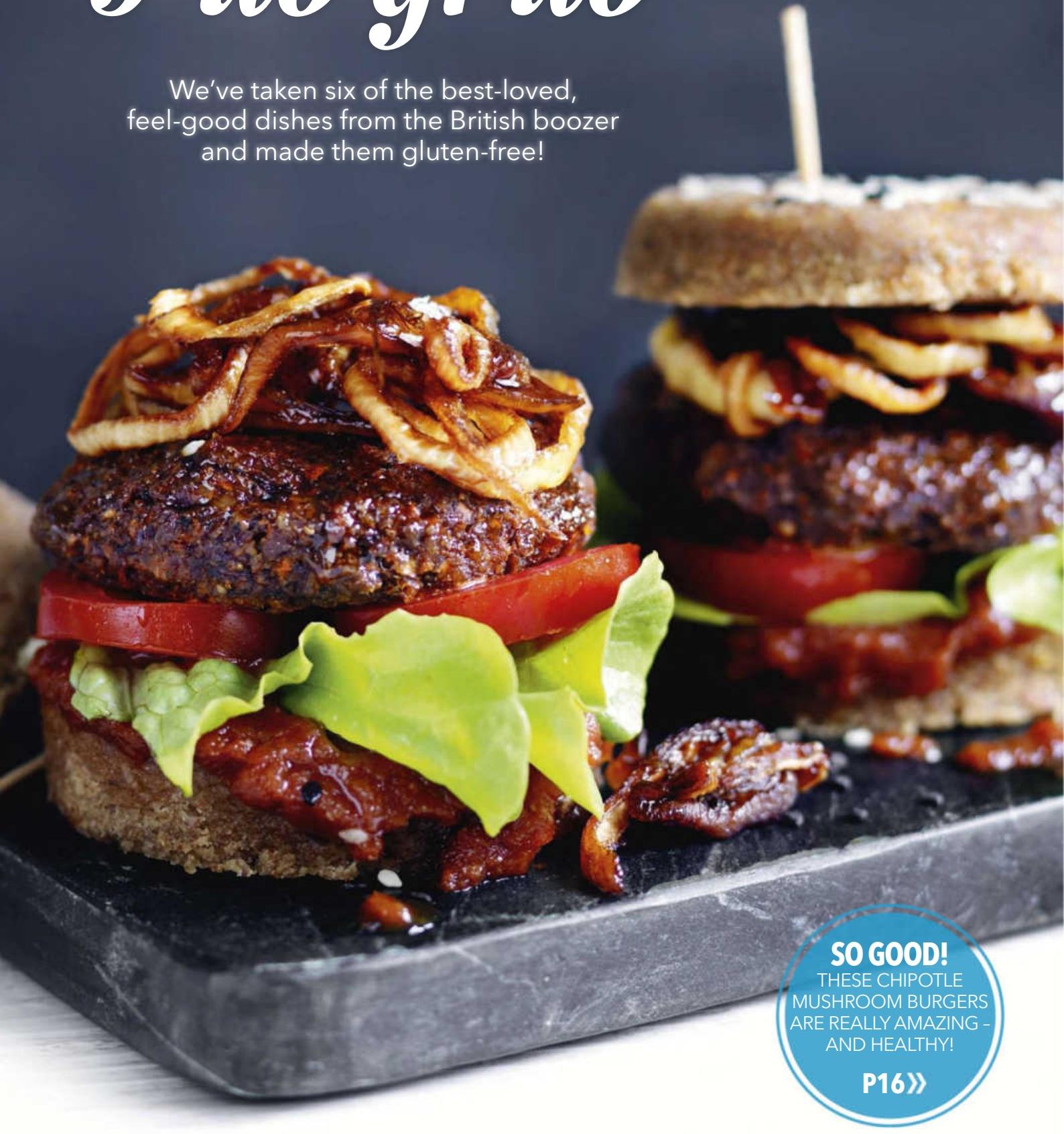
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# *Pub grub*

We've taken six of the best-loved, feel-good dishes from the British boozer and made them gluten-free!



**SO GOOD!**  
THESE CHIPOTLE  
MUSHROOM BURGERS  
ARE REALLY AMAZING -  
AND HEALTHY!

P16»

# Moroccan spiced lamb shank, apricot and chickpea pie

Pie and mash is a pub classic that you won't want to miss out on when you give up gluten! So, why not make your own heartwarming and healthy version with slow-cooked, aromatic lamb and gluten-free pastry?

**SKILL LEVEL:** **SERVES 4-6** **PREPARATION:** 3 hours

## YOU WILL NEED

- 1 x 400g (14oz) block gluten-free puff pastry, defrosted to room temperature
- 4 tbsp vegetable oil
- 4 lamb shanks
- 75ml (2½ fl oz) dry white wine
- 1 red pepper, deseeded and cut into thick slices lengthways
- 1 large onion, sliced thickly
- 3 garlic cloves, finely chopped
- 2cm (¾in) piece of fresh root ginger, peeled and finely chopped
- 1 tsp cumin seeds
- 2 tsp ground coriander
- 2 bay leaves
- 1 cinnamon stick
- 1 heaped tbsp cornflour
- 400g (14oz) tinned chopped tomatoes
- 300ml (10 fl oz) chicken stock
- Pinch of saffron threads
- 85g (3oz) dried apricots, halved lengthways
- 400g (14oz) tinned chickpeas, drained
- 1 heaped tbsp kalamata olives
- ½ lemon, cut into 4 wedges
- Handful of mint leaves
- 1 egg beaten
- Salt and freshly ground black pepper

KCAL 1313	FAT 77g	SATURATES 29g	CARBS 95g
SUGAR 25g	FIBRE 16g	PROTEIN 60g	SALT 1.8g

\*PER SERVING

## HOW TO MAKE

- 1 Preheat the oven to 150°C/300°F/Gas Mark 2.
- 2 To make the pie filling, in a medium casserole dish, first brown the lamb shanks, seasoned with salt and pepper, in half the oil. Transfer the lamb to a bowl.
- 3 Pour the wine into the casserole dish, and loosen the browned bits with a wooden spoon. Boil for around 30 seconds, then pour over the lamb shanks.
- 4 Brown the peppers and onion in the remaining oil. Add the garlic, ginger, cumin, coriander, bay leaves and cinnamon to the pan and fry for a further 30 seconds. Stir in the cornflour, tomatoes, stock and saffron.
- 5 Arrange the lamb shanks among the vegetables in the pan, add water to cover and bring to a simmer, skimming off any fat that rises to the surface. Cover with a lid and braise in the oven for 2 hours, or until the meat is tender but not falling away from the bone. After 1½ hours, spoon off any fat and then stir in the apricots, chickpeas, and olives.
- 6 When the lamb shanks are cooked, arrange them in a 2-litre deep ovenproof pie dish with the bones pointing upwards. Strain the
- 7 Increase the oven temperature to 180°C/350°F/Gas Mark 4. Add the lemon wedges and mint to the sauce and boil vigorously until the sauce is rich, syrupy and reduced to 750ml (26¼fl oz). Discard the mint and lemon. Season with salt and pepper, then pour around the lamb shanks.
- 8 Roll out the pastry into a large rectangle 5mm thick and slightly larger than the pie dish. Press a thin strip of pastry around the rim of the dish and brush with a little beaten egg. Gently press the pastry lid onto the pastry collar and crimp the edges with your fingers. Brush the pie lid with beaten egg, and bake for 45-60 minutes until the lid is crisp and golden brown.
- 9 To serve, cut the pastry lid into quarters and transfer the lamb shanks, topped with pastry, to warm plates along with the vegetables and sauce.

## CHEF'S TIP

If you want to make this pie from scratch, then make your own gluten-free pastry. You'll find a great step-by-step recipe at [www.artofglutenfreebaking.com/2010/03/puff-pastry-gluten-free](http://www.artofglutenfreebaking.com/2010/03/puff-pastry-gluten-free)



This recipe is taken from *The Genius GF Cookbook* by Lucinda Bruce-Gardyne (Genius £14.99)

PUB GRUB



## CHEF'S TIP

If you're cooking for someone following a dairy-free diet, replace dairy milk with soya milk and use 1 tbsp of thyme leaves in the topping instead of cheese.

## YOU WILL NEED

- 450g (15½oz) skinned salmon fillet
- 450g (15¼oz) skinned haddock fillet
- 500ml (17 fl oz) whole milk or dairy-free milk
- ½ large onion, sliced
- 2 bay leaves
- Large pinch of salt
- 4 grinds of black pepper
- 4 hard-boiled eggs, quartered
- 1 tbsp finely chopped fat-leaf parsley
- 30g (1oz) butter or dairy-free margarine
- 30g (1oz) cornflour

## FOR THE MASHED POTATO

- 900g (31¾oz) peeled potatoes
- 70g (2½oz) butter or dairy-free margarine
- 100ml (3½oz) milk or dairy-free milk
- Salt and freshly ground black pepper

## FOR THE TOPPING

- 3 slices white bread, whizzed to breadcrumbs
- 1 tbsp grated parmesan or mature Cheddar cheese
- 3 grinds of black pepper
- 2 tbsp olive oil

KCAL 5490	FAT 27g	SATURATES 8g	CARBS 46g
SUGAR 7g	FIBRE 6g	PROTEIN 41g	SALT 1g

\*PER SERVING

## HOW TO MAKE

**1** Preheat the oven to 180°C/350°F/Gas Mark 4. Arrange the fish fillets in a large ovenproof dish and cover with milk, then sprinkle the onion on top. Add the bay leaves and season with salt and pepper. Cover with foil and bake for 20 minutes, or until the fish is just cooked through.

**2** Strain off the milk and keep to one side for making the sauce. Break the fish into bite-sized pieces, and arrange in a clean, deep



## Fish pie with crunchy cheese topping

There's nothing that warms the cockles quite like a fish pie, and this super-creamy, cheese-topped version is a great way to encourage kids to eat salmon, haddock and any other delicious fish you can find!

SKILL LEVEL:



SERVES 6 PREPARATION: 30 minutes COOKING: 20 minutes

ovenproof dish. Add the eggs and sprinkle the parsley on top.

**3** To make the sauce, melt the butter in a small pan, stir in the cornflour and remove from the heat. Gradually stir in the strained milk, mixing out the lumps before adding each splash of milk. Return to a medium heat, and stir until the sauce thickens and begins to boil. Taste and adjust the seasoning.

**4** Pour the sauce over the fish and

eggs. Spoon the mashed potato over the top of the fish mixture, and spread out with a fork until the fish is completely covered.

**5** To make the topping, mix the breadcrumbs, cheese and black pepper together and sprinkle evenly over the mashed potato. Drizzle the olive oil all over the pie. Bake the pie on a baking sheet for 20 minutes until the potato and topping is golden brown and crisp. Serve immediately.



This recipe is taken from *The Genius GF Cookbook* by Lucinda Bruce-Gardyne (Genius £14.99)



Photography by Rob Palmer

**CHEF'S TIP**

Try this healthier alternative to mozzarella on your pizza - mix puréed feta, salt, pepper, chilli, garlic, fresh or dried oregano and extra virgin oil and sprinkle it over the pizza before baking.

**YOU WILL NEED**

- 500ml (17 fl oz) lukewarm water
- 10g (¼oz) yeast, dried or fresh (optional)
- 10g (¼oz) psyllium husks
- 2 tsp unrefined sea salt
- 100g (3½oz) buckwheat flour
- 100g (3½oz) corn flour
- 200g (7oz) rice flour
- 50-100ml (1¾-3¼oz) extra virgin olive oil

**FOR THE TOPPING**

- Spicy tomato sauce
- Mushrooms, sliced and lightly fried in butter
- Carrots, coarsely grated
- Tomatoes, sliced thinly
- Red onions, sliced thinly
- Fresh oregano
- Mozzarella
- 2 cloves garlic
- 1cm (½in) ginger
- 50g (1¾oz) flat-leaf parsley leaves and tender parts of the stems
- Extra virgin olive oil or butter
- Dried mint and lemon wedges, to serve

KCAL 716	FAT 33g	SATURATES 10g	CARBS 85g
SUGAR 6g	FIBRE 9g	PROTEIN 22g	SALT 3.8g

\*PER SERVING

## Vegetarian pizza

Pizzas are perfect if you're cooking for friends with different diets – just put all the toppings in bowls and let everyone create their own!

SKILL LEVEL:

MAKES 4 PIZZAS PREPARATION: 15 mins plus proving time COOKING: 10-12 mins

**HOW TO MAKE**

- 1 Stir together the water, salt, psyllium husks and yeast. Then add the remaining ingredients to the mix and stir or whisk for about 2 minutes. Leave the dough to prove for about 30 minutes.
- 2 Preheat the oven to 300°C/575°F/Gas Mark 10 (or as high as your oven will go) and put in a baking stone if you have one.
- 3 Turn the dough out onto a clean, dry surface and divide it into four equal parts. Sprinkle some rice flour onto the work surface, grease your hands and a rolling pin with

olive oil, then roll out the pizza crusts one at a time. Blind bake the crusts for a couple of minutes.

4 Spread a thin layer of tomato sauce onto each pizza crust, then arrange the ingredients on top, adding the mozzarella last. If you want a crisp pizza, don't overdo the topping.

5 Bake the pizzas on the baking stone at 280°C/525°F/Gas 10 or on an ordinary baking sheet lined with baking parchment at 250°C/475°F/Gas Mark 9 for 10-12 minutes. Sprinkle the hot pizzas with fresh oregano and serve right away.



This recipe is taken from *Gluten Free Secrets* by Anette Harbeck Olesen (Sophia Health £9.99)

## YOU WILL NEED

### MUSHROOM PATTIES

- 100g (3½oz) shiitake mushrooms, chopped
- 1 small carrot, peeled and chopped
- 30g (1oz) chopped celery
- 50g (1¾oz) activated walnuts
- 1 garlic clove, peeled
- 4 tbsp finely chopped coriander
- 3 tbsp linseed (flaxseed) meal
- 1 tsp tamari
- 1 tsp lemon juice
- 1 tsp chipotle chilli powder
- 3 tsp onion powder
- 1 tsp smoked paprika

### FOR THE CARAMELISED ONION

- 2 small onions, sliced into 5mm (¼in) rings
- 3 tbsp tamari
- 3 tbsp coconut nectar

### TO SERVE

- 4 burger buns (see below)
- 1 batch tomato sauce (see below)
- 50g (1¾oz) shredded cos lettuce
- 1 tomato, sliced

### FOR THE BURGER BUNS (MAKES 12)

- 400g (14oz) almond meal
- 80g (2¾oz) psyllium husks
- 110g (3¾oz) pitted medjool dates
- 2 tbsp lemon juice
- 2 tsp Himalayan pink salt
- 1 tbsp dried parsley
- 2 tsp dried dill or sage
- 375ml (13 fl oz) filtered alkaline water
- 3 tbsp mixed black and white sesame seeds

### FOR THE TOMATO SAUCE - MAKES 250ML (9FL OZ)

- 75g (2½oz) sun-dried tomatoes
- 100g (3½oz) seeded and chopped fresh tomato
- 1½ tbsp apple cider vinegar
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 3 tbsp coconut nectar
- ¼ tsp Himalayan pink salt or Celtic sea salt



KCAL 537	FAT 31g	SATURATES 3g	CARBS 53g
SUGAR 33g	FIBRE 11g	PROTEIN 17g	SALT 2.2g

\*PER SERVING



This recipe is taken from *The Naked Vegan* by Maz Valcorza (Murdoch Books, 14.99)

## Chipotle mushroom burgers

These spiced mushroom burgers are like American-style sliders in size, but as they're packed with goodness you'll only need one to satisfy your hunger!

**SKILL LEVEL:** **SERVES 4-6** **PREPARATION:** 40 minutes, plus dehydration time

### HOW TO MAKE

#### BURGER BUNS

**1** Combine the almond meal, psyllium and linseed meal in a large mixing bowl.

**2** Blend the dates, lemon juice, salt, herbs and half the water in a high-speed blender, until a paste forms. Add the paste and the remaining water to the dry ingredients and then knead until you form a dough.

**3** On a clean surface, roll the dough out to about 1cm (½in) thick. Use a small glass or cookie cutter to cut out 12 rounds from the dough. Form the rounds into burger buns, then sprinkle sesame seeds on the top of each one.

**4** Place the buns on mesh dehydrator trays and dehydrate for 12 hours at 40°C/105°F. If you don't have a dehydrator, place the buns on baking trays and leave in the oven on its lowest setting, with the door slightly ajar, for around 2 hours. Do not overdry the buns, or they will turn into cookies.

**5** Once done, arrange the buns in single layers inside airtight containers, with baking paper between each layer.

#### TOMATO SAUCE

**1** Soak the sun-dried tomatoes in some filtered alkaline water for 1 hour.

**2** Place the sun-dried tomatoes, along with 1½ tablespoons of their soaking water, in a high-speed blender. Add the remaining ingredients and blend on high speed until really smooth. The sauce will keep in a clean airtight jar in the fridge for up to five days.

#### PATTIES

**1** To make the mushroom patties, combine the carrot, celery, walnuts, garlic and coriander in a food processor and blend well until combined. Transfer to a large mixing bowl. Add the remaining patty ingredients and knead until well combined. Shape into four patties the same size as your burger buns.

**2** Place on dehydrator trays lined with non-stick sheets. Dehydrate for 6 hours at 40°C/105°F. Remove the non-stick sheets, flip the patties over and dehydrate on mesh trays for a further 2-4 hours. If you don't have a dehydrator, place the onion on a lined baking tray lined with non-stick sheets and leave in the oven on its lowest setting, with the door slightly ajar, for 45 minutes, then flip them over and dehydrate for a further 10 minutes.

**3** Combine the caramelised onion ingredients in a small bowl and leave to marinate for 20 minutes. Place on dehydrator trays lined with non-stick sheets and dehydrate for 4 hours at 40°C/105°F. If you don't have a dehydrator, place the patties on a baking tray and leave in the oven on its lowest setting, with the door slightly ajar, for 25 minutes. The caramelised onion can be made up to five days ahead and stored in an airtight container in the fridge.

**4** To assemble the burgers, take the bottom half of each burger bun and squeeze some tomato sauce on top. Top each one with lettuce, a tomato slice, one mushroom patty and some caramelised onion. Add another drizzle of tomato sauce, then pop the bun lids on top and serve straight away.

PUB GRUB



**YOU WILL NEED****FOR THE PASTA SHEETS**

- 6 large courgettes, peeled and cut into 3mm thick slices (you could use a mandolin for this)
- 180g (6oz) baby English spinach leaves
- 1 batch basil, kale and pine nut pesto (see below), in a squeeze bottle
- Herb sprigs, to garnish
- Baby salad leaves, sprouts or microgreens, to serve

**FOR THE BOLOGNESE**

- 400g (14oz) activated walnuts
- 2 tbsp dried oregano
- 1 tbsp dried sage
- Pinch of cayenne pepper
- 175g (6½oz) sun-dried tomatoes, soaked in alkaline filtered water for 1 hour, then drained
- 200g (7oz) seeded and diced tomatoes
- 125ml (4fl oz) cold-pressed extra virgin olive oil
- 1 tbsp miso paste
- 3 tbsp filtered alkaline water

**FOR THE CASHEW CHEESE**

- 620g (1lb 6oz) cashew nuts
- 1 tbsp miso paste
- 125ml (4fl oz) lemon juice
- 2 garlic cloves, peeled
- 4 tbsp nutritional yeast
- 2 tsp dried thyme
- ½ tsp Himalayan pink salt or Celtic sea salt

**FOR THE PESTO**

- 75g (2½oz tightly packed) basil leaves
- 85g (3oz tightly packed) chopped kale
- 310g (11oz) pine nuts
- 500ml (17fl oz) cold-pressed extra virgin olive oil
- 4 garlic cloves, peeled
- 3 tbsp lemon juice
- 1 tsp Himalayan pink salt or Celtic sea salt

KCAL	FAT	SATURATES	CARBS
390	34g	5g	17g
SUGAR	FIBRE	PROTEIN	SALT
6g	4g	10g	1g

\*PER SERVING

# Sadhana lasagne

Packed full of flavour and wholesome goodness, this vegan lasagne is a sensational meat-free alternative to everyone's favourite comfort food

**SKILL LEVEL:** **SERVES 4-6** **PREPARATION:** 3 hours



This recipe is taken from *The Naked Vegan* by Maz Valcorza (Murdoch Books 14.99)

**HOW TO MAKE**

- 1 Place the walnuts, oregano, sage and cayenne pepper in a food processor fitted with an 'S' blade, then pulse until the mixture has the texture of fine crumbs. Transfer to a mixing bowl.
- 2 Put the sun-dried tomatoes, fresh tomatoes, olive oil, miso paste and water in a high-speed blender and blend until smooth.
- 3 Add the sun-dried tomato mixture to the crumbled walnut mixture and use clean hands to mix it all together until all the ingredients are well combined. Put to one side.
- 4 Clean out the blender, then whiz all the cashew cheese ingredients together until you get a really smooth mixture. Set aside.
- 5 To assemble the lasagne, use a baking dish measuring about 34 x 24cm (13½ x 9½ inches) long and about 7cm (2¾ inches) deep. Layer the components into the dish in the following order: half the courgette
- 6 To make the pesto, pulse all the pesto ingredients in a food processor until they are well combined, but still chunky.
- 7 Remove the lasagne from the fridge. Cut into portions, and allow to come to room temperature.
- 8 To serve, squeeze the pesto over the top of the lasagne in a pretty pattern. Cut the lasagne into individual portions and transfer to plates. Garnish with herb sprigs and serve with a simple side of baby leaves.

**CHEF'S TIP**

Veggies like courgette, aubergine and sweet potato make great alternatives to pasta if you're cooking a low-carb meal. Let the lasagne rest in its dish for 30 mins before serving to keep the layers neat.

## CHEF'S TIP

Mushrooms are packed with B vitamins and potassium, so pack them into your diet where you can. The sauce flavour will depend on the type you use – go for dried porcini mushrooms for a rich flavour or chestnut mushrooms for an earthier taste.

## YOU WILL NEED

- 25g (1oz) dried wild mushrooms
- 250ml (9fl oz) boiling water
- 300g (10½oz) orange sweet potato, roughly chopped
- 60g (2¼oz) baby English spinach leaves
- 2 tbsp snipped chives, plus extra to serve
- 250g (9oz) button mushrooms, sliced
- 60ml (2fl oz) red wine
- 2 tbsps reduced-fat cooking cream
- 1 tsp cracked black pepper
- 2 x 150g (5½oz) eye fillet steaks
- 200g (7oz) asparagus, steamed

KCAL	FAT	SATURATES	CARBS
442	7g	3g	51g
SUGAR	FIBRE	PROTEIN	SALT
11g	10g	45g	0.6g

\*PER SERVING



## Beef with sweet potato mash and wild mushroom sauce

How about this for an alternative to your traditional Sunday roast? Sweet potatoes are a great low GI swap for roasties, and the wild mushroom sauce is a perfectly rich and rustic finishing touch

**SKILL LEVEL:** **SERVES 2** **PREPARATION:** 20 minutes **COOKING:** 30 minutes

### HOW TO MAKE

**1** Put the dried mushrooms in a heatproof bowl, then pour in the boiling water and soak for 30 minutes. Drain the mushrooms, reserving 125ml (4fl oz) of the soaking liquid.

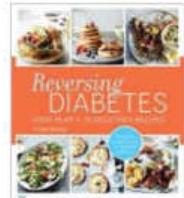
**2** Cook the sweet potato in a pan of boiling water for 8-10 minutes or until soft. Drain and return to the pan, then roughly mash and stir in the spinach and chives. Cover and set aside until needed.

**3** Meanwhile, spray a large frying pan with olive oil and place over medium-high heat. Cook the button mushrooms, stirring occasionally, for 5 minutes or until they start to release their juices. Add the wild mushrooms and red wine, and cook for 2 minutes or until the wine has reduced by half. Pour in the reserved soaking liquid and the cream, then reduce the heat to low and simmer, stirring occasionally, for 5 minutes or until the sauce has thickened

and reduced by half.

**4** Rub the pepper over the steaks. Spray a small frying pan with olive oil and place over medium-high heat. Cook the steaks for 2-3 minutes on each side or until browned and done to your liking.

**5** Spoon the sweet potato mash onto two plates and top with the steaks, then add the mushroom sauce. Serve with the extra chives and asparagus.



This recipe is taken from *Reversing Diabetes* by Dr Alan Barclay (Murdoch Books, £14.99)

**YOU WILL NEED**

- 2 tablespoons chipotle chillies in adobo sauce
- 2 ripe tomatoes, chopped
- 1 red onion, roughly chopped
- 60ml (2fl oz) apple cider vinegar
- 2 tbsp yellow box honey
- 2 tbsp bourbon
- 1 tbsp smoked paprika
- 2 tbsp mustard powder
- 1 handful coriander (cilantro) leaves, plus extra sprigs to serve
- 1.3kg (3lb) whole chicken
- 500g (1lb 2oz) orange sweet potato, cut into wedges
- Olive oil spray
- 2 corn cobs, cut into thirds
- 125g (4½oz) extra-light sour cream
- 300g (10½oz) mixed salad leaves
- Lime cheeks, to serve

KCAL 647	FAT 35g	SATURATES 11g	CARBS 33g
SUGAR 17g	FIBRE 6g	PROTEIN 43g	SALT 1g

\*PER SERVING

**CHEF'S TIP**

Chipotle chillies in adobo sauce are dried, smoke-red jalapenos in a spiced tomato sauce. Find them in tins in specialty grocery stores and gourmet delicatessens.

## Chipotle barbecued chicken with sweet potato wedges

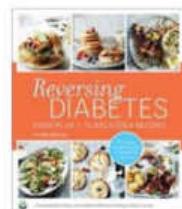
Throw this smoky, spiced chicken on the grill to create barbecue food with a kick this summer. Best served with wedges, chilli sauce and an appetite for spice!

SKILL LEVEL:

SERVES 6 PREPARATION: 30 minutes plus marinating time COOKING: 55 minutes

**HOW TO MAKE**

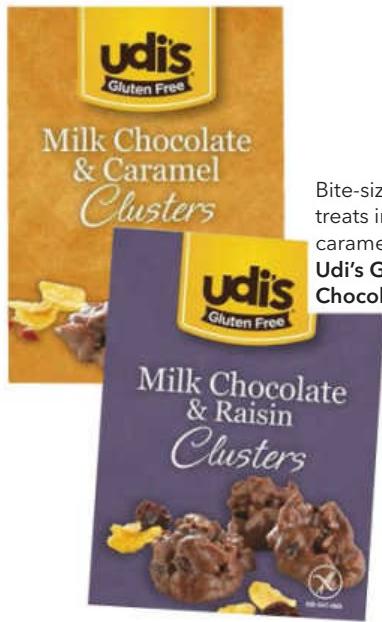
- 1 Using a stick blender or a small food processor, blend the chillies, tomatoes, onion, vinegar, honey, bourbon, paprika, mustard and coriander to form a thick paste.
- 2 To butterfly the chicken, use poultry shears to cut down each side of the backbone. Discard the backbone, turn the chicken over and use the palm of your hand to press down on the breastbone to flatten the chicken. Put in a large glass dish. Rub half of the chilli mixture over the chicken. Cover with plastic wrap and refrigerate overnight. Spoon the remaining chilli mixture into a bowl, cover and refrigerate until required.
- 3 Preheat a barbecue to low. Remove the chicken from the marinade and dilute the marinade, with 2 tablespoons of water. Cook
- the chicken, basting occasionally with the diluted marinade, for 25 minutes on each side or until golden and cooked through. Spray the sweet potato wedges with olive oil and add to the barbecue for the final 25 minutes of cooking, turning occasionally. Spray the corn on the cob pieces with olive oil and add to the barbecue for the final 10 minutes, turning often.
- 4 Pour the reserved chilli mixture into a saucepan with 60ml (2fl oz) water. Cook over medium heat, stirring occasionally for 3-4 minutes or until thickened. Spoon the sauce into a small bowl.
- 5 Cut the chicken into small portions. Arrange on a platter and scatter coriander sprigs over the top. Serve with the potato wedges, corn, sour cream, salad leaves, chilli sauce and lime cheeks.



This recipe is taken from *Reversing Diabetes* by Dr Alan Barclay (Murdoch Books, £14.99)



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## 1 Meet...

Swapping the catwalk for the kitchen, Caroline Byron earned her baking stripes in the French Culinary School in Soho. Based in NYC, she's now a pastry chef creating gluten-free treats like rose-poached quince and pear tart with a millet and almond flour crust. Keep up to date with Caroline's baking adventures at [simply-caro.com](http://simply-caro.com)



## 2 Cook with...

Blood oranges. With their bright flesh and subtle raspberry flavour, these seasonal citrus fruits will add something special to a batch of marmalade or a gluten-free cake. They also look fabulous as part of a vibrant salad, paired with pink radicchio and pomegranate. The pigments in the blood orange contain greater amounts of antioxidants than other oranges, including vitamin C, which is great for boosting your immune system.

# 5 things to do... THIS SPRING

Try a super-healthy pizza dough and make your recipes sing with citrus flavour this season

## 4 Head to...

The park! Spring has sprung, so make the most of it by ditching your gym classes and jogging al fresco instead. The fresh air will do you wonders, and there are plenty of ways to keep your energy levels up. Dr Wayne Coates swears by chia seeds for endurance in his new book, Chia, or why not whip up a batch of protein-packed energy balls? They're quick, easy and fun to make, using all-natural ingredients.



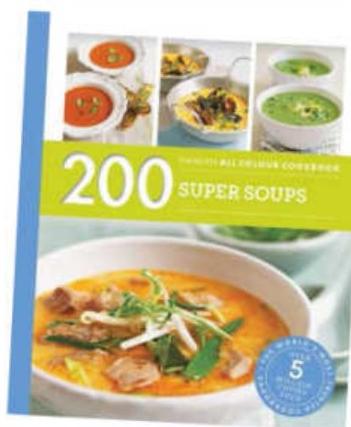
## 3 Make...

A bowl of delicious soup, using the comforting recipes from Sara Lewis' 200 Super Soups. Filling, satisfying and oh-so good for you, homemade soups are low in fat and packed with nutritious ingredients, and we love the range of on offer here, from classics such as summer vegetable, to more exotic five-spice duck soup with pak choi. The book contains six chapters including speedy soups, healthy soups, and even chilled soups for when the weather begins to get warmer - all with simple instructions and beautiful colour photos to inspire you. Buy it for £4.99 from [octopusbooks.co.uk](http://octopusbooks.co.uk)



## 5 Treat yourself...

With the weather heating up and the prospect of a sunny spring/summer, it's time to start caring for the skin that's been hiding away all winter. Before you bare those arms and legs, start a daily routine of applying a good body lotion, such as the Gluten Free Hand and Body Lotion from JASON. This fragrance-free formula contains a nurturing blend of Avocado Oil and Aloe Vera, and is certified by the Gluten-Free Certification Organization (GFCO). Buy from [amazon.co.uk](http://amazon.co.uk) for £7.99.



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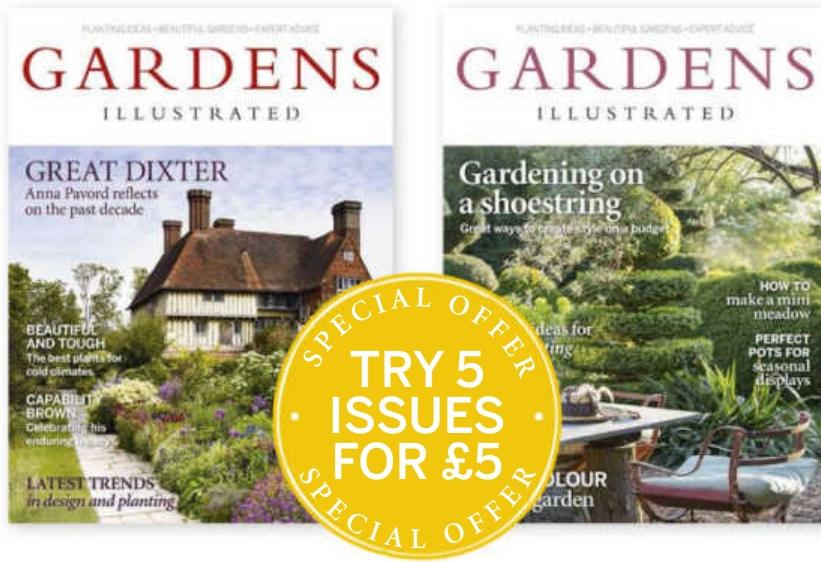
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MAKE PISTACHIO,  
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THE EASY WAY

P37»



# *Sweet treats*

Your family and friends will love you for cooking up these moreish mouthfuls - they make perfect homemade gifts!

**YOU WILL NEED**

## FOR THE SLICE BASE

- 80g (2½oz/½ cup) activated almonds
- 155g (5½oz/1 cup) activated cashew nuts
- 90g (3¼oz/½ cup) activated buckwheat groats
- 180g (6oz/2 cups) pitted medjool dates
- 4 tbsp coconut nectar
- 1 tsp tahini
- 1 tsp maca powder
- 1 tsp lucuma powder
- 1 tsp mesquite powder

## FOR THE SUPERFOOD CARAMEL

- 155g (5½oz/1 cup) activated cashew nuts
- 270g (9½oz/1½ cups) pitted medjool dates
- 125ml (4 fl oz/½ cup) cold-pressed extra virgin coconut oil
- 1 tsp tahini
- 250ml (9 fl oz/1 cup) coconut milk
- 2.5cm (1in) knob of cacao butter
- 200g (7oz/1 cup) coconut sugar
- 2 tbsp maca powder
- 1 tbsp lucuma powder
- 2 tsp vanilla powder
- 1 tbsp non-GM soy lecithin
- Pinch of Himalayan pink sea salt or Celtic sea salt

## FOR THE CHOCOLATE TOPPING

- 185ml (6 fl oz/¾ cup) coconut milk
- 375ml (13 fl oz/1½ cups) cold-pressed extra virgin coconut oil
- 2 tbsp non-GM soy lecithin
- 1 tsp vanilla powder
- 100g (3½oz/½ cup) coconut sugar
- 125ml (4 fl oz/½ cup) coconut nectar
- Pinch of Himalayan pink salt or Celtic sea salt

## FOR THE COCONUT MILK (MAKES 750 FL OZ/251/4 FL OZ)

- Liquid and flesh from 1 young coconut
- 500ml (17 fl oz/2 cups) filtered alkaline water
- 2 tbsp coconut nectar, or 2 pitted medjool dates
- Pinch of Himalayan pink salt or Celtic sea salt

KCAL 546	FAT 12g	SATURATES 4g	CARBS 85g
SUGAR 20g	FIBRE 29g	PROTEIN 32g	SALT 4g

\*PER SERVING



## Superfood caramel slice

These deliciously decadent but seriously healthy raw caramel slices are full of feel-good ingredients – and they’re vegan and free from refined sugar as well as gluten.

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 10 minutes **COOKING:** 1 hour 30 minutes

**HOW TO MAKE**

**1** To make the coconut milk, place everything in a high-speed blender and blend on high speed until smooth. Pour through a fine-meshed strainer, or squeeze through a nut milk bag.

**2** Combine all the slice base ingredients in a food processor on high speed until the mixture starts to bind itself. Line a rectangular baking dish, measuring about 32x22cm (12½x8½in) and about 5cm (2in) deep, with plastic wrap. Press the mixture into the dish.

**3** Blend all the caramel ingredients in a high-speed blender until smooth. Pour caramel over base and set in the freezer for 2 hours.

**4** Once the caramel has set, blend all the topping ingredients until smooth and glossy, then pour over the caramel layer. Gently tap the cake tin on a hard surface to remove air bubbles, and for a nice level finish. Refrigerate for 30 minutes.

**5** To serve, leave at room temperature for 15 minutes, then cut into portions.



This recipe is taken from *The Naked Vegan* by Maz Valcorza (Murdoch Books, 14.99)



This recipe is taken from *The Autoimmune Paleo Cookbook* by Mickey Trescott (Murdoch Books, £16.99)

## Macaroons

Make sure you have just four ingredients in your cupboard, and you'll be ever prepared for those sudden sweet cravings!

**SKILL LEVEL:** **MAKES 12**

**PREPARATION:** 15 mins **COOKING:** 15 mins

### YOU WILL NEED

- 180g (6½oz) unsweetened desiccated coconut, plus 2 tbsps, kept separate
- 225g (8oz) dates, pitted and soaked in warm water for 5 minutes
- ¼ tsp alcohol-free vanilla extract (optional)
- ¼ tsp sea salt

KCAL 226	FAT 6g	SATURATES 1g	CARBS 37g
SUGAR 9g	FIBRE 11g	PROTEIN 10g	SALT 0.3g

\*PER SERVING

### HOW TO MAKE

- 1 Preheat the oven to 170°C/325°F/Gas Mark 3.
- 2 Place the 180g of desiccated coconut, dates, vanilla (if using) and sea salt in a food processor and process until thick and sticky.
- 3 Place the extra coconut on a small plate. Form the date mixture into little balls, then roll in the extra coconut for decoration.
- 4 Place on a greased baking tray and bake for 12–15 minutes, or until barely golden.

### CHEF'S TIP

For a lemon version, add 1 tbsp lemon juice and 1 tsp lemon zest to the coconut and date mixture. For a blueberry version, add 115g of frozen or fresh blueberries to the coconut and date mixture.



Photography by Kyle Johnson

**YOU WILL NEED**

- 250g (8½oz) dates
- 2 eggs or 100g (3½oz) egg substitute
- 100ml (3½oz) water
- 75ml (2½oz) extra virgin olive oil
- 50g (1¾oz) almond or peanut butter
- 50ml (1½oz) almond milk
- 1 tsp cinnamon
- 30g (1oz) cocoa powder
- 1 tsp baking powder
- ¼ tsp unrefined sea salt
- 50g (1¾oz) rice flour
- Walnuts for sprinkling

KCAL 303	FAT 19g	SATURATES 3g	CARBS 33g
SUGAR 20g	FIBRE 5g	PROTEIN 5g	SALT 0.3g

\*PER SERVING

# Brownies

There are few things more indulgent than a dark, gooey brownie straight from the oven. Not only do these ones taste great, they'll also fill your whole house with that deliciously chocolatey baking smell!

**SKILL LEVEL:** **MAKES 8** **PREPARATION:** 10 minutes **COOKING:** 20 minutes

**HOW TO MAKE**

- 1 Purée the dates, eggs, water and olive oil in a food processor. Add the remaining ingredients and stir well.
- 2 Pour the cake batter into greased muffin tins and bake for 20 minutes in the oven at 175°C/350°F/Gas Mark 4 or 165°C/325°F/Gas Mark 3 if using the fan function. You can also

bake it as one big cake in an ordinary cake tin and then cut it into smaller squares afterwards.

**CHEF'S TIP**

For extra indulgence, add 100g roughly chopped organic chocolate to the food processor and serve with a drizzle of cream and a handful of fresh raspberries.



This recipe is taken from *Gluten Free Secrets* by Anette Harbeck Olesen (Sophia Health, £9.99)

**YOU WILL NEED**

**FOR THE SHORTCRUST PASTRY**

- 100g (3½oz) buckwheat flour
- 100g (3½oz) rice flour
- 50g (1¾oz) butter or ghee
- 1 egg or 50g (1¾oz) egg substitute
- 25g (¾oz) coconut sugar

**FOR THE FILLING**

- Raspberry jam
- Icing sugar or Sukrin melis
- Blue cornflower petals for decoration

KCALs 119	FAT 5g	SATURATES 2g	CARBS 16g
SUGAR 5g	FIBRE 1g	PROTEIN 3g	SALT 0.1g

\*PER SERVING

## Raspberry linzer sandwiches

A treat-sized twist on the Austrian linzertorte, these rich, crumbly biscuits are the perfect accompaniment for your afternoon cup of tea

**SKILL LEVEL:**

**SERVES 4 PREPARATION:** 10 minutes **COOKING:** 25 minutes

**HOW TO MAKE**

**1** Mix buckwheat flour, rice flour, butter, egg and coconut sugar and knead the dough until supple.

**2** Roll out the dough thinly between two pieces of baking parchment, then cut it into 30 small, equally proportioned squares. Bake the biscuits in the oven for 8-10 minutes at 180°C/350°F/Gas Mark 5.

**3** Stir together the icing sugar with a little water until smooth but not too runny. Let the biscuits cool, then sandwich them with raspberry jam and decorate with the icing and blue cornflower petals.

**CHEF'S TIP**

You can fill these biscuits with all sorts of delicious things such as lemon curd, dulce de leche or homemade chia seed jam!



This recipe is taken from *Gluten Free Secrets* by Anette Harbech Olesen (Sophia Health, £9.99)

## CHEF'S TIP

It's best to keep the peanut butter cups in their liners when storing. Layer them between sheets of parchment or wax paper in an airtight container, and you can store in the refrigerator for up to 1 week or in the freezer for up to 2 months.

## YOU WILL NEED

- 258g (9oz/1 cup) creamy peanut butter, divided into two
- 1 tbsp unsalted butter, softened to room temperature
- 60g (2oz/½ cup) confectioners' sugar
- ½ tsp salt
- 546g (19¼oz/3 cups) milk chocolate chips
- Chocolate sprinkles (optional)
- 2 x 24-count mini muffin pans
- 36 mini muffin/cupcake liners
- Handheld or stand mixer fitted with a paddle attachment

KCAL 558	FAT 15g	SATURATES 5g	CARBS 83g
SUGAR 8g	FIBRE 16g	PROTEIN 26g	SALT 1.8g

\*PER SERVING



## Peanut butter cups

Chocolate and peanut butter is a winning combo, and this version of the sweetshop classic is sure to go down a treat!

**SKILL LEVEL:** **MAKES 34** **PREPARATION:** 30 minutes **COOKING:** 15 minutes

### HOW TO MAKE

**1** Line two 24-count mini muffin pans with mini liners (the second pan will need only 12 liners since this recipe makes 36 cups). Set aside.

**2** With a handheld or stand mixer fitted with a paddle attachment, beat ½ cup (129g) of the peanut butter, butter, confectioners' sugar, and salt on medium speed in a medium-size bowl until thick and smooth (about 3 minutes). You will be tempted to add milk because

the mixture will be crumbly, but do not. Just keep mixing until it comes together. Set aside.

**3** Combine the chocolate chips with the remaining ½ cup (129g) of peanut butter in a medium heatproof bowl. Melt in the microwave on 50 percent power in 20-second increments, stirring after each increment, until completely smooth and melted.

**4** Put 1 tsp of chocolate-peanut butter mixture into each mini

muffin cup. Next, measure out a teaspoon of the peanut butter-sugar mixture and roll it into a ball with your hands, slightly flattening it into a small, thick disc. Place on top of the chocolate mixture. Repeat for the rest of the cups.

**5** Top each cup with another teaspoon of the chocolate mixture. Decorate with sprinkles, if desired. Once all the peanut butter cups have been assembled, refrigerate for 15 minutes, or until the chocolate has completely set.



This recipe is taken from *Sally's Candy Addiction* by Sally McKenney, (Race Point Publishing, £16)

# Cranberry pistachio fudge

If you're short of time, this soft, crumbly and creamy fudge only takes a few minutes of hands-on time, with melt-in-the-mouth results!

**SKILL LEVEL:** **MAKES 64** **PREPARATION:** 15 minutes plus freezing time

## HOW TO MAKE

**1** Line a 20cm (8in) square baking pan with aluminium foil, leaving enough overhang on the sides to easily remove the fudge once it has set. Set aside.

**2** Combine the condensed milk and white chocolate chips in a medium-size saucepan over a medium heat. Stir constantly with a rubber spatula or wooden spoon as the chips melt. Once the mixture is smooth and the chips have melted, remove pan from the heat. The mixture will be extremely thick at this point. Stir in the vanilla extract, salt, cranberries, and pistachios until combined. Pour the thick mixture into the prepared pan and smooth into an even layer.

**3** Cover with aluminium foil and refrigerate for 4 hours, or until set. Alternatively, you can let the covered fudge sit at room temperature overnight to set.

**4** Once set, remove the fudge from the pan by lifting out the aluminium foil. Invert the fudge onto a cutting board, peel away foil, and turn the fudge back over. Using a large sharp knife, slice the fudge into 2.5cm (1in) squares. If it has been in the refrigerator for longer than 4 hours, it might be quite stiff; if so, allow to sit at room temperature for 20 minutes before cutting.

## YOU WILL NEED

- 396g (14oz) can full-fat sweetened condensed milk
- 546g (19½oz/3 cups) white chocolate chips
- 1 tsp vanilla extract
- ¼ tsp salt
- 120g (4¼oz/1 cup) dried cranberries
- 92g (3¼oz/¾ cup) shelled salted pistachios
- 20cm (8in) square baking pan

KCALS 246	FAT 11g	SATURATES 2g	CARBS 36g
SUGAR 8g	FIBRE 6g	PROTEIN 6g	SALT 1g

\*PER SERVING



This recipe is taken from Sally's Candy Addiction by Sally McKenney, (Race Point Publishing, £16)



# ARE YOUR GUT WOES DOWN TO HISTAMINES?

Your food sensitivities might seem completely random, but there may well be a link between them - Nutritional Therapist **Deborah Thackeray** explains why your body will thank you if you find out!

You're probably wondering why we're mentioning histamine in a magazine about food, when it's a word you may only have heard in connection with allergies like hay fever. If you are sensitive to pollen, histamine can cause inflammation, making your eyes water and your nose run - taking an antihistamine will reduce the symptoms. But what if inflammation is happening in the gut or immune system and you can't see it, only feel it? What if your symptoms seem to occur after eating such a seemingly unconnected group of foods that you can't see any pattern at all? It might be that histamine is to blame.

## GUT INSTINCTS

Histamine is produced in the gut, as a lot of our immune system is found there.

But it also occurs naturally in some foods, and others make the body produce extra histamine. We should not naturally be that sensitive to histamine, so something is definitely going wrong when we react. There are various unusual medical conditions like Mast Cell Activation Disorder (MCAD) that can lead to a reaction, but for many people suffering with histamine intolerance, there are only theories as to why it happens.<sup>3</sup> These theories include changes to gut flora, inflammatory bowel diseases, 'leaky gut', sensitivity to chemicals in the environment and chronic stress. So you can see that if you are already experiencing coeliac disease or IBD, you might also react to histamine. You may also have a deficiency of the gut enzyme, Diamine Oxidase (DAO), that breaks down histamine.<sup>5</sup>

Symptoms of histamine sensitivity can be incredibly varied, but they include gastric problems such as flatulence, nausea and diarrhoea, migraine, fatigue, brain fog and rashes.<sup>6</sup> The support website, Mastocytosis Society Canada lists 58 different symptoms!<sup>4</sup> Since some of these symptoms overlap with those of coeliac disease, many people assume that they continue to experience a pattern of symptoms once they are eating a gluten-free diet because either their gut has never quite 'settled down' or they are getting regularly 'glutened'. However, it is worth considering that there may be another ongoing sensitivity.

## DEAR DIARY

So, what can you do if you think that histamine might be affecting you? Try noting down anything you eat and any symptoms that occur in a diary, to see if the way your body reacts does tie in with particular foods. Histamine is produced in foods as diverse as mature cheeses, citrus and wheat (of course!) so check the side of the box or packet for a food list. It is no coincidence that many of these foods are also well known for causing migraines; histamine in the brain can both



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A reaction to chocolate or alcohol can be a sign of a problem with histamine



start and aggravate migraines, although precisely how isn't really known.<sup>1</sup>

A strong reaction to alcohol and chocolate may be one of the early indicators of a problem with histamine in foods. Other foods like tomatoes, kiwi and additives, while they do not contain large amounts of histamine themselves, can cause your body to release histamine. And others such as black tea block the production of DAO enzyme, making it difficult to cope with histamine-containing foods.

care products to organic ones. Also, you can address your stress levels through meditation or yoga. While stress does not cause the problem, it can definitely make it worse. Eat a diet that is rich in nutrients – so lots of the vegetables, fruit and nuts that are not on the 'avoid' list. The phytochemicals (plant nutrients) in these foods are anti-inflammatory and can help reduce reactivity to histamine. For example, quercetin, the protective antioxidant found in apples, can help stabilise the mast cells, stopping them releasing histamine.

Luteolin, a flavonoid found in parsley and celery has been shown to reduce inflammation in

the brain, potentially reducing 'brain fog'.<sup>5</sup> For some people it helps to take capsules of DAO enzyme to degrade the histamine in foods.<sup>2</sup>

It is definitely possible to reduce or eliminate symptoms such as migraine simply by excluding trigger foods. However, there is no denying that it is much more beneficial to reach a point where you stop reacting so severely to the foods so that your body can tolerate them – this can only be achieved with reduced stress and a cleaner, more nutrient-rich diet. Recognising histamine intolerance can mean significant changes and a period of adjustment and learning, but a healthier, happier lifestyle in the long run – and who wouldn't want that?

### PROCESS OF ELIMINATION

If you suspect that you might be sensitive to histamine it's important to consult your doctor, as there are serious medical conditions such as mastocytosis associated with histamine, and a medical diagnosis can really help. Once you have established that histamine intolerance is an issue for you, the next stage is to eliminate the trigger foods – so no alcohol, chocolate or mature cheese! Do plenty of online research to find more information and create your own personal list of foods. There are some really good resources including delicious recipes at [thelowhistaminechef.com](http://thelowhistaminechef.com) and [histamineintolerance.org.uk](http://histamineintolerance.org.uk).

It is worth trying to reduce your exposure to chemicals by changing your personal

## HISTAMINE HAPPY HEALTH....

### FOODS THAT CONTAIN HISTAMINE

- ★ Fermented or pickled foods such as sauerkraut
- ★ Alcohol
- ★ Wheat
- ★ Smoked meat
- ★ Mature cheese
- ★ Shellfish
- ★ Beans and pulses
- ★ Walnuts and cashew nuts
- ★ Chocolate
- ★ Citrus fruits

### FOODS THAT RELEASE HISTAMINE

- ★ Kiwi, pineapple, plums, papaya
- ★ Tomatoes
- ★ Cocoa and chocolate
- ★ Nuts
- ★ Beans and pulses
- ★ Wheat germ
- ★ Additives – benzoate, sulphites, nitrates, glutamate, food dyes

### FOODS THAT BLOCK DAO ENZYME

- ★ Alcohol
- ★ Black tea
- ★ Energy drinks
- ★ Green tea

### FOODS THAT ARE ANTI-HISTAMINE

- ★ Onions
- ★ Garlic
- ★ Apples
- ★ Pomegranate
- ★ Ginger
- ★ Watercress
- ★ Pea Sprouts
- ★ Capers
- ★ Herbs such as thyme and tarragon

### References

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**Disclaimer:** This article is in no way intended as a substitute for professional medical advice and no responsibility will be accepted for failure to consult a medical practitioner. Consult a doctor before making dietary changes, or taking medicines/supplements.



THE RISE  
OF FLATBREAD

BAKE A DINNER  
PARTY BREAD  
THAT'S GREAT  
FOR DIPPING!

P44»

# Breadwinners

Artisan bread has never been more popular - get a slice of the action with four bakes that are well worth the dough!

**YOU WILL NEED**

- 200g (7oz) almond meal
- 130g (4½oz) buckwheat flour (made by grinding activated buckwheat grouts in a high-speed blender)
- 1 tbsp garlic powder
- 1 tsp onion powder
- 1 tsp Himalayan pink salt or Celtic sea salt
- 40g (1½oz) Irish moss gel; if unavailable, use 230g (8oz) of pureed kelp noodles instead
- 25g (1oz) peeled and roughly chopped carrots
- 90g (3¼oz) pitted medjool dates
- 3 tbsp lemon juice
- 3 tbsp filtered alkaline water
- 3 tbsp sesame seeds (white, black, or a mix of both)
- 3 tbsp poppy seeds

KCAL 127	FAT 5g	SATURATES 0.3g	CARBS 17g
SUGAR 6g	FIBRE 6g	PROTEIN 3g	SALT 0.1g

\*PER SERVING



## Raw bagels

Get a little taste of New York with these delicious vegan bagels – they won't give you that sluggish feeling that you often get after even the gluten-free form. We recommend enjoying them with a fresh pot of coffee on a lazy Sunday morning for the perfect weekend treat!

**SKILL LEVEL:** **MAKES 10 PREPARATION:** 2½ hours (plus 12 hours proving time)

**HOW TO MAKE**

**1** Combine the almond meal, buckwheat flour, garlic powder, onion powder and salt in a large mixing bowl.

**2** Blend the moss gel, carrot, dates, lemon juice and water in a high-speed blender until smooth. Pour onto the dry ingredients and knead until a dough forms.

**3** Divide into 10 equal portions and roll into evenly sized balls.

**Flatten the dough a little, then use an apple corer or a small round cookie cutter to cut out a centre hole to create the bagel shape. Sprinkle the tops with the sesame seeds and poppy seeds.**

**4** Place the bagels on mesh dehydrator trays and dehydrate for 12 hours at 40°C (105°F), or until the outside forms a crust but the inside is still fluffy. If you don't have a dehydrator, then place the bagels on a baking tray and

leave in the oven on its lowest heat setting, with the oven door slightly ajar, for 2 hours. Then flip the bagels over and dehydrate for a further 30 minutes.

**CHEF'S TIP**

The bagels will keep in an airtight container for 5 days. Or, they can be frozen in a snap-lock bag for 4 weeks. To use, warm the bagels in the dehydrator for 20 minutes before serving.



This recipe is taken from *The Naked Vegan* by Maz Valcorza (Murdoch Books, 14.99)

# Sesame honey bread

This gorgeously rustic loaf tastes delicious toasted and topped with smashed avocado, melted cheese or a simple drizzle of honey. It's great for dipping in soups and for making doorstep sandwiches, too!

**SKILL LEVEL:**  **MAKES 1 LOAF** **PREPARATION:** 7 minutes **COOKING:** 45 minutes

## YOU WILL NEED

### FOR THE BREAD

- 200g (7oz) almond meal
- 60g (2½oz) tapioca flour or potato flour, or 40g (1½oz) cornflour
- 3 large free-range eggs
- 2 tbsps honey, or maple or rice malt syrup
- 80ml (2½fl oz) olive oil
- 60ml (2fl oz) coconut cream
- 1 tsp bicarbonate of soda (baking soda)
- 1 tbsp apple cider vinegar
- A pinch of sea salt

### FOR THE TOPPING

- 3 tbsp sesame seeds

KCAL 2730	FAT 226g	SATURATES 4g	CARBS 111g
SUGAR 31g	FIBRE 7g	PROTEIN 35g	SALT 1.1g

\*PER LOAF

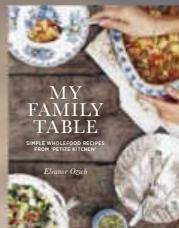
## HOW TO MAKE

**1** Preheat the oven to 160°C/315°F/Gas Mark 4. Find a loaf tin that is about 12cm (4½in) wide, 23cm (9in) long and 7cm (2¾in) deep and line with baking paper.

**2** Put all the bread ingredients together in a large mixing bowl and mix until well combined. Spoon the batter into the loaf tin and use the back of a spoon to even it out. Sprinkle the sesame seeds over the top of the mixture.

**3** Bake on the middle rack of your oven for 45 minutes, or until a skewer inserted into the centre of the loaf comes out clean.

**4** Remove from the oven and turn out of the tin. Place on a wire cooling rack and leave to cool completely before slicing. The bread will last for up to a week if stored in an airtight container.



This recipe is taken from *My Family Table* by Eleanor Ozich (Murdoch Books, £16.99)

## BREADWINNERS



This recipe is taken from *Real Delicious* by Chrissy Freer (Murdoch Books, £14.99)

## Roasted garlic, parmesan & olive flatbread

Made with naturally gluten-free sorghum flour, this Italian-inspired bread is just the thing for dipping into oil and sweet balsamic vinegar – serve with a glass of sparkling wine for a stylish appetiser

**SKILL LEVEL:** **SERVES 12** **PREPARATION:** 15 minutes (plus 30 minutes proving) **COOKING:** 1 hour 10 minutes

### YOU WILL NEED

- 2 garlic bulbs
- 2 tbsps olive oil, plus extra for drizzling
- 3 tsps honey
- 7g (2 tsps) dried yeast
- 225g (8oz) sorghum flour
- 70g (2½oz) millet flour
- ½ tsp xanthan gum
- 50g (1¾oz) almond meal
- 35g (1¼oz) finely grated parmesan cheese
- 2 eggs, lightly beaten
- 10 large green olives, pitted
- Rosemary sprigs, to garnish

KCAL 179	FAT 7g	SATURATES 1g	CARBS 24g
SUGAR 3g	FIBRE 2g	PROTEIN 6g	SALT 0.2g

\*PER SERVING

### HOW TO MAKE

- 1 Preheat the oven to 180°C/350°F/Gas Mark 4. Slice the top off each garlic bulb, leaving the cloves attached at the base, and remove the excess papery skin, leaving at least one layer. Place each bulb on a piece of foil, drizzle with a little oil and wrap to enclose in foil. Bake for 45 minutes or until the garlic is very tender and light golden. Cool completely and then squeeze the garlic pulp from the skins.
- 2 Whisk the honey and yeast with 125ml (4fl oz) water and leave in a warm place for 10 minutes or until frothy. Meanwhile, line a baking tray with baking paper.

- 3 Sift the flours and xanthan gum into a bowl. Stir in the almond meal, parmesan, roasted garlic pulp and a pinch of sea salt. Make a well in the centre, add the egg, oil and yeast mixture and stir with a wooden spoon to form a soft dough. Turn out onto a work surface and knead for 30 seconds or until smooth.

mixture and stir with a wooden spoon to form a soft dough. Turn out onto a work surface and knead for 30 seconds or until smooth.

4 Press the dough into a 30cm (12in) round on the tray. Cover with a damp tea towel and leave in a warm place for 30 minutes or until slightly risen.

5 Press dimples into the dough with your fingers, then press the olives into the dough. Decorate with rosemary and drizzle with a little extra oil. Bake for 20–25 minutes or until golden brown and crisp. Cool for 5 minutes, then transfer to a wire rack. Serve warm.

### CHEF'S TIP

Use parmesan made with non-animal rennet to make a veggie version. Check that the label lists vegetable rennet or microbial rennet as an ingredient.



Photography by Eleanor Ozich

**YOU WILL NEED**

- 60ml (2fl oz) warm water (the temperature of a bath)
- 1 tsp honey
- 2 tsps active dried yeast
- 375ml (13fl oz) warm buttermilk, or 250g (9oz) plain yoghurt and 125ml (4fl oz) water
- 115g (4oz) spelt flour, or 520g (1lb 2½oz) buckwheat flour, plus extra for kneading
- 1 egg, lightly beaten, or 2 tbsps milk, for brushing

KCAL 654	FAT 9g	SATURATES 4g	CARBS 111g
SUGAR 31g	FIBRE 7g	PROTEIN 35g	SALT 1.1g

\*PER LOAF

## Buttermilk breakfast bread

Is there anything better than the thought, smell or taste of a slice of warm bread, fresh from the oven? Prepare the dough for this breakfast recipe the night before and it'll be ready to bake in the morning!

**SKILL LEVEL:** **MAKES 1 LOAF** **PREPARATION:** 20 minutes, plus rising time **COOKING:** 45 minutes

**HOW TO MAKE**

**1** Combine the water, honey and yeast in a small bowl and stir together lightly. Leave to sit for about 10 minutes, or until foamy.

**2** Put the remaining ingredients, except the beaten egg, into a large bowl. Add the yeast mixture and, using a fork, mix until the dough starts to come together.

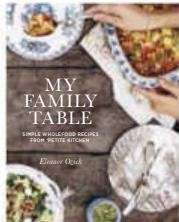
**3** Turn out onto a floured surface and knead softly for a few minutes until smooth - the dough should be firm, but still slightly sticky. You can shape it into a ball if you like. Place in an oiled bowl,

then cover with a damp tea towel (dish towel). Leave to rise in a warm place for at least 2 hours, or preferably overnight.

**4** Punch the dough down to remove the excess air, then place in a greased loaf (bar) tin that is about 12cm (4½in) wide, 23cm (9in) long and 7cm (2¾in) deep. Using a sharp knife, score the dough two or three times. Brush the top of the loaf with the egg, then leave the bread to rise again for at least another 30-40 minutes.

**5** Meanwhile, preheat the oven to 190°C/375°F/Gas Mark 5.

**6** Transfer the bread to the oven and bake for 45 minutes or until it is slightly browned and sounds hollow when tapped on the bottom. Remove from the oven and turn out onto a wire rack. Leave to cool for around 15 minutes before slicing. The bread will keep for 2-3 days in an airtight container.



This recipe is taken from *My Family Table* by Eleanor Ozich (Murdoch Books, £16.99)

**CHEF'S TIP**

Use this recipe to make little rolls for lunch boxes - this quantity of dough will make about 8-10 of them, and you can freeze them for up to 2 months.



**TOTALLY  
TACO!**

TRY A LOW-CAL  
VERSION OF A  
TRADITIONAL  
MEXICAN SNACK

**P53»**

# *Everyday dinners*

Get set for a week of great grub with our quick and easy dinnertime dishes to satisfy every taste bud

*Monday*



# Balsamic chicken with potato and fennel bake

Give a simple chicken dish a delicious Mediterranean twist when you add brilliantly bittersweet fennel and a garlicky marinade

**SKILL LEVEL:**  **SERVES 4** **PREPARATION:** 30 mins (plus 2 hours marinating) **COOKING:** 1 hour

## YOU WILL NEED

- 4 x 125g (4½oz) skinless chicken breast fillets (bring these to room temperature 30 minutes before cooking)
- 2 tbsp balsamic vinegar
- 2 garlic cloves, crushed
- Olive oil spray
- 2 large lower-GI potatoes, such as Carisma, thinly sliced
- 1 brown onion, thinly sliced
- 1 large fennel bulb, thinly sliced, fronds chopped
- 60ml (2fl oz) dry white wine
- 250ml (9fl oz) reduced-fat evaporated milk
- Finely chopped parsley leaves, to serve
- 400g (14oz) asparagus, steamed
- Lemon wedges, to serve

KCAL 405	FAT 2g	SATURATES 1g	CARBS 57g
SUGAR 13g	FIBRE 10g	PROTEIN 41g	SALT 0.5g

\*PER SERVING

## HOW TO MAKE

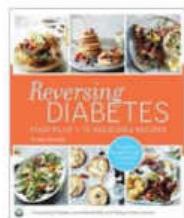
1 Place the chicken in a glass dish with the vinegar and garlic. Cover and refrigerate for 2 hours.

2 Preheat the oven to 180°C/350°F/Gas Mark 4. Line a baking tray with some baking paper and lightly spray a 20cm (8in) square ovenproof dish with a little olive oil.

3 Combine the potatoes, onion, sliced fennel and fennel fronds in a large bowl. Pour in the white wine and evaporated milk, and mix until combined. Transfer the mixture to the prepared ovenproof dish. Cover the dish with a sheet of baking paper followed by a sheet of foil. Bake for 40 minutes, then remove the foil and baking paper.

4 Transfer the chicken to the prepared tray, add to the oven and cook with the uncovered potato bake for 20 minutes or until the potatoes are tender and the chicken is browned and cooked through.

5 Slice the chicken and serve with the potato bake, scattered with chopped parsley and accompanied by the asparagus and lemon wedges.



This recipe is taken from *Reversing Diabetes* by Dr Alan Barclay (Murdoch Books, £14.99)

## CHEF'S TIP

Fennel is an excellent source of potassium, with a slight aniseed flavour that becomes sweeter when cooked. Serve raw in a salad with mackerel, or roast with garlic and herbs.

# Tuesday

## YOU WILL NEED

### CHIMICHURRI

- 250ml (9fl oz) cold-pressed olive oil
- 2 tbsp lemon juice
- 2 tbsp lime juice
- 2 tbsp apple cider vinegar
- 4 garlic cloves, crushed
- 45g (1½oz) finely chopped flat-leaf parsley
- 25g (1oz) finely chopped coriander
- 4 tbsp finely chopped chives
- 2 tsp lime zest
- ½ tsp chilli flakes
- ½-1 tsp Himalayan pink salt or Celtic sea salt, to taste

### FOR THE WALNUT TACO MINCE

- 225g (8oz) sun-dried tomatoes, soaked in filtered alkaline water for 1 hour, then drained
- 1½ tbsp ground cumin
- 2 tsp ground coriander (cilantro)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tomato, seeded
- 2 garlic cloves, peeled
- 2 tbsp cold-pressed extra virgin olive oil
- 200g (7½oz) activated walnuts

### FOR THE SOUR CREAM (MAKES 500G OR 1LB 2OZ)

- 310g (11oz) activated cashew nuts
- 1 tsp probiotic powder
- 435ml (15fl oz) filtered alkaline water
- Juice of 1 lemon
- ¼ tsp Himalayan pink salt
- 1 tbsp apple cider vinegar
- 2 tbsp nutritional yeast

### FOR ASSEMBLY

- 1kg (2lb 4oz) diced fresh tomatoes
- 350g (12oz) diced cucumber
- 1 red capsicum (pepper), diced
- 1 small red onion, finely chopped
- 2 avocados, flesh cut into thin wedges
- 1 batch sour cream
- Coriander sprigs, to garnish

KCAL	FAT	SATURATES	CARBS
1794	154g	21g	96g
SUGAR	FIBRE	PROTEIN	SALT
39g	26g	37g	1.8g

\*PER SERVING



Photography by Rob Palmer

## Mexican fiesta salad

A raw vegan twist on the taco bowl, this beautifully bright salad is jam-packed with mouth-watering ingredients and is so quick and easy to toss together

SKILL LEVEL:



SERVES 4 PREPARATION: 10 minutes, plus fermentation and soaking time

### HOW TO MAKE

#### SOUR CREAM

- 1 Blend the cashews, probiotic powder and water in a high-speed blender until smooth.
- 2 Transfer to a glass jar, cover with muslin (cheesecloth) and secure with a rubber band. Leave to ferment in a warm place for 24 hours.

- 3 Once the mixture is fermented, place back into the blender jug, along with the remaining ingredients. Blend on high speed until well combined, adding small amounts of extra water at a time if the mixture is too thick, until the desired consistency is reached.

- 4 Pour into a clean, airtight glass jar and seal the lid. The sour cream will keep in the fridge for 7 days, and will continue to ferment slowly.

### CHIMICHURRI

- 1 To make the chimichurri, pour the olive oil, lemon juice, lime juice and vinegar into a high-speed blender. Add the garlic and blend on high speed until combined. Pour into a large bowl and whisk in the remaining chimichurri ingredients.

### WALNUT MINCE

- 1 Mix all the walnut taco mince ingredients, except the walnuts, in a food processor on high speed until well combined. Add the walnuts and process again until you have a chunky, mince-like texture.

### ASSEMBLY

- 1 Arrange the tomato, cucumber, capsicum and onion in four bowls or around a platter. Add avocado wedges and sour cream. Sprinkle with walnut taco mince, drizzle with chimichurri, garnish with coriander.



This recipe is taken from *The Naked Vegan* by Maz Valcorza (Murdoch Books, 14.99)

**YOU WILL NEED****FOR THE CRUST**

- 100g (3½oz) rice flour
- 100g (3½oz) buckwheat flour
- 50g (1¾oz) butter, ghee or extra virgin olive oil
- 50g (1¾oz) cultured milk, low-fat drained yoghurt, kefir, sheep's milk yoghurt, cream or coconut cream
- 1 tsp unrefined sea salt
- A dash of water

**FOR THE FILLING**

- 250g (8¾oz) green or white cabbage, shredded
- 2 carrots, grated
- 1 red onion, finely chopped
- ½ fresh chilli, finely chopped
- 2 eggs
- 200ml (7oz) cultured milk, low-fat drained yoghurt, kefir, sheep's milk yoghurt or coconut cream
- 1 garlic clove
- Fresh or dried herbs such as oregano, basil and/or thyme
- 50g (1¾oz) parmesan, grated (optional)
- Extra virgin olive oil and virgin coconut oil

KCAL	FAT	SATURATES	CARBS
470	23g	6g	51g
SUGAR	FIBRE	PROTEIN	SALT
10g	6g	17g	2g

\*PER SERVING



Photography by Claire Winfield

## Crispy vegetable quiche

This simple quiche recipe can be adapted with all manner of ingredients, from garden vegetables and goat's cheese to leeks and crispy bacon – a slice served with salad makes a scrumptious lunchtime treat!

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 20 minutes **COOKING:** 45 minutes

**HOW TO MAKE**

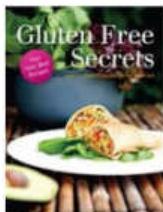
**1** Rub the butter well into the flours and add salt and low-fat drained yoghurt or cream, followed by just enough water to make the dough soft but firm. Line a greased pie dish with the dough using your fingers to flatten it out. Blind bake the pie crust for 10 minutes at 180°C/350°F/Gas Mark 5.

**2** Briefly sauté all the vegetables and the chilli in a little extra virgin olive oil. Whisk together eggs, cultured milk, herbs, garlic and half the parmesan. Let the vegetables cool, then add the egg mixture, stir and pour everything into the blind baked pie crust. Sprinkle the rest of the parmesan over the top of the quiche and bake in the oven

at 180°C/350°F/Gas Mark 5 for 35 minutes until the egg mixture has set and the surface is golden.

**CHEF'S TIP**

If you prefer a coarser crust on your quiche, you can replace half the flour with gluten-free rolled oats.



This recipe is taken from *Gluten Free Secrets* by Anette Harbeck Olesen (Sophia Health, £9.99)

# Thursday

## YOU WILL NEED

- 1 tbsp solid cooking fat
- 1.8kg (63½oz) grass-fed beef short ribs
- 250ml (8½fl oz) bone broth (see below)
- 250ml (8½fl oz) unsweetened cranberry juice
- 90g (3oz) fresh or frozen cranberries
- 1 tbsp apple cider vinegar
- 1 bay leaf
- ¼ teaspoon salt
- 2 tbsps chopped fresh flat-leaf parsley

## FOR THE BONE BROTH (4 LITRES)

- 4 litres (140fl oz) filtered water
- 1kg (35¼oz) bones from a good source (knuckle and marrow bones work well, but you can use any types of bones)
- 2 tbsps apple cider vinegar
- 1 bay leaf

KCAL	FAT	SATURATES	CARBS
1123	81g	33g	3g
SUGAR 3g	FIBRE 0g	PROTEIN 86g	SALT 2g

\*PER SERVING

## HOW TO MAKE

### BROTH - STOVE TOP METHOD

**1** Place all the ingredients into a large stock pot or slow-cooker and bring to a boil. Lower the heat so the water is barely simmering and cover. Occasionally skim the surface to remove any scum that may appear during cooking.

**2** Cook for at least 8 hours and up to 24 hours, checking periodically to ensure the broth is still at a bare simmer. The longer you cook your bones, the more rich and nutritious the broth will be.

### PRESSURE COOKER METHOD

**1** Place all ingredients in a pressure cooker, making sure you don't exceed the fill line. Lock the lid and place over a high heat until the cooker comes to high pressure, then turn down to the lowest setting that will maintain this pressure (you may need to use the flame tamer).



## Cranberry-braised short ribs

Leave this dish to braise in the oven for a couple of hours and you'll be rewarded with meltingly tender beef in a perfectly tart cranberry sauce

SKILL LEVEL:

SERVES 4

PREPARATION: 10 minutes (plus bone broth preparation time - 8-24 hours or 3 hours 10 minutes depending on method) COOKING: 2-3 hours

**2** Let the broth cook this way for 3 hours, then turn off the heat and let the broth depressurise and cool naturally. When the broth is finished (using either method), let it cool, then strain and portion the broth into containers for storage. After you have strained the liquid, pick through any of the bones that are still intact and save them to add to the next batch; throw away any that fell apart. (You can usually get quite a few batches out of larger beef knuckle bones, while chicken bones will only last for one or two batches.)

### RIBS

**1** Preheat the oven to 150°C, 300°F, Gas Mark 2. Heat the fat in a large, heavy-bottomed ovenproof pot with the lid on, and on a medium-high heat. Working in batches, brown the ribs well on all sides.

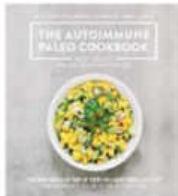
**2** Add the bone broth, cranberry juice, cranberries, vinegar, bay leaf

and salt to the pot. The liquid should come up to about one-third of the level of the meat - if any less, add a little bit more water to the broth.

**3** Making sure that the lid fits tightly, braise for between 2 to 3 hours in the oven, checking periodically to make sure that the liquid is barely simmering, and that there is enough liquid (you shouldn't have a problem if the lid seals well). It is finished when the meat is falling off the bone.

**4** Carefully transfer the short ribs to a plate and cover the meat. Strain the liquid into a large bowl, then pour it into a saucepan, bring to a boil, and reduce the quantity by about half (you should have about 185ml).

**5** Serve with some of the cooking juices poured over the ribs and the parsley sprinkled on top, along with mashed sweet potatoes and grilled asparagus or greens.



This recipe is taken from *The Autoimmune Paleo Cookbook* by Mickey Trescott (Murdoch Books, £29.50)

**YOU WILL NEED**

- 20g (3/4oz) coconut flakes
- 1 tsp smoked paprika
- 1/2 tsp ground coriander
- Pinch of cayenne pepper
- 1 1/2 tbsp olive oil
- 500g (1lb 2oz) firm white fish fillets, cut into 2cm (3/4in) pieces
- 3 large vine-ripened tomatoes, chopped
- 2 Lebanese (short) cucumbers, unpeeled, chopped
- 1/2 firm ripe avocado, diced
- 15g (1/2oz) coriander leaves, coarsely chopped
- 1 long red chilli, seeded and finely chopped
- Lime juice to taste, plus lime wedges to serve
- 8 corn tortillas, warmed
- Natural yoghurt, to serve

KCAL	FAT	SATURATES	CARBS
384	15g	5g	37g
SUGAR	FIBRE	PROTEIN	SALT
6g	8g	28g	0.2g

\*PER SERVING



## Fish tacos with spiced tomato and toasted coconut salad

Tacos don't have to be unhealthy - this lower calorie version of the traditional Mexican fish taco is made with lightly spiced fish, crunchy salad and creamy avocado

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 20 minutes **COOKING:** 5 minutes

**HOW TO MAKE**

**1** Heat a large non-stick frying pan over a low heat and cook the coconut flakes, stirring, for 2 minutes or until just golden. Set aside to cool.

**2** Combine the paprika, coriander and cayenne pepper and sprinkle evenly over the fish.

**3** Heat 1 tbsp of the oil in a

large non-stick frying pan over a medium-high heat and cook the fish, turning, for 2-3 minutes until golden and cooked through.

**4** Toss together the coconut, tomato, cucumber, avocado, coriander and chilli in a large mixing bowl. Add the remaining olive oil and lime juice to taste. Season with some sea salt and freshly ground black pepper.

**5** Serve the fish and salad in the warmed tortillas with a wedge of lime and a dollop of yoghurt.

**CHEF'S TIP**

For an extra layer of flavour, serve these tacos with a bowl of homemade salsa - just combine finely chopped red onion, diced mango, lime juice and coriander, and season with salt and pepper.



This recipe is taken from *Real Delicious* by Chrissy Freer (Murdoch Books, £14.99)

Saturday



#### YOU WILL NEED

- 250g (9oz) gluten-free pasta
- 1 tbsp olive oil
- 1 red onion, finely chopped
- 1 small fennel bulb, finely chopped
- 2 garlic cloves, crushed
- Finely grated zest of 1 lemon
- ½ tsp chilli flakes
- 150g (9oz/about 2) Italian pork sausages, removed from casings and crumbled
- 400g (14oz) chickpeas, drained and rinsed
- 80ml (2½fl oz) home-made or low-salt chicken stock
- 75g (2¾oz) rocket leaves
- Grated parmesan cheese, to serve

KCAL	FAT	SATURATES	CARBS
588	19g	5g	85g
SUGAR	FIBRE	PROTEIN	SALT
6g	11g	21g	1g

\*PER SERVING

## Pasta and chickpeas with Italian sausage and rocket

Seriously tasty and super-quick to prepare, this hearty dish is the ultimate people-pleaser! Serve with a simple salad on the side and a sprinkle of parmesan

SKILL LEVEL:



SERVES 4 PREPARATION: 15 minutes COOKING: 15 minutes

#### HOW TO MAKE

- 1 Cook the pasta in slightly salted boiling water until al dente. Drain well and return to the saucepan.
- 2 Meanwhile, heat the olive oil in a large non-stick frying pan over medium heat. Add the onion and fennel and cook, stirring, for 5-6 minutes, or until softened. Add the garlic, lemon zest and chilli and cook, stirring, for 1 minute or until fragrant.
- 3 Increase the heat to medium-high. Add the sausage meat and cook, breaking up the meat with a wooden spoon, for 3-4 minutes or until golden. Add the chickpeas and stock and simmer for 2 minutes or until heated through and slightly reduced.
- 4 Toss the sausage mixture and rocket with the pasta. Season to taste with sea salt and freshly ground black pepper. Serve with parmesan.



This recipe is taken from *Real Delicious* by Chrissy Freer (Murdoch Books, £14.99)

Sunday



Photography by Will Heap

**YOU WILL NEED**

- 3 garlic cloves, chopped
- 25g (1oz) fresh root ginger, peeled and chopped
- 1 red chilli, deseeded and chopped
- 1 tsp sea salt
- 1 tsp ground coriander
- 1 tsp ground cumin
- 2 tbsp smen, ghee or softened butter
- 2 tsp fennel seeds
- 700g (1lb 6oz) piece of lean lamb fillet or loin
- 1 fennel bulb, sliced
- 4 fresh figs, halved or quartered
- 2 tbsp clear honey
- Black pepper
- Small bunch of fresh coriander, finely chopped, to garnish
- Couscous, to serve

KCAL	FAT	SATURATES	CARBS
389	15g	7g	27g
SUGAR	FIBRE	PROTEIN	SALT
18g	4g	39g	1.7g

\*PER SERVING

## Fennel roasted lamb with figs

This dish is impressive enough to serve to guests but takes just 15 minutes to prep – perfect for a dinner party where you'd rather not spend all evening in the kitchen!

SKILL LEVEL:

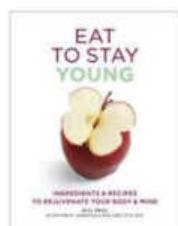


SERVES 4 PREPARATION: 15 minutes COOKING: 25 minutes

**HOW TO MAKE**

- 1 Using a pestle and mortar, pound the garlic, ginger, chilli and salt to form a coarse paste, then add the ground spices. Beat the paste into the smen, ghee or butter with the fennel seeds.
- 2 Cut small incisions in the lamb and rub the mixture all over the meat, pressing it into the incisions. Put the lamb and fennel in a roasting tin and place in a preheated oven at 200°C/400°F/Gas Mark 6, for 15 minutes.
- 3 Baste with the cooking juices, arrange the figs around the

lamb and drizzle with the honey. Season to taste, then return to the oven and cook for a further 10 minutes until cooked through. Garnish with the chopped fresh coriander and serve thickly sliced, with couscous on the side.



This recipe is taken from *Eat to Stay Young* by Gill Paul (Octopus, £7.99)

**CHEF'S TIP**

Don't have a pestle and mortar? No problem – you can just put the ingredients inside a freezer bag, place it onto a chopping board and use a heavy, blunt object like a meat tenderiser or a rolling pin to beat them into a paste.

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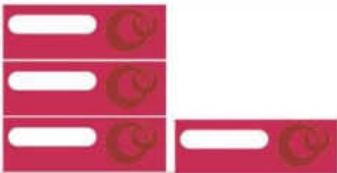
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# GLUTEN-FREE



## HIGH STREET



With free-from food ranges expanding all the time, there's more choice than ever – we take a look at what the biggest UK supermarkets can offer you

**S**hopping for gluten-free products has never been easier. Sales of gluten-free foods rose to £184 million in 2014, while incredibly, one in ten new products launched in 2014 were gluten free. This is set to rise, with the UK market predicted to be worth £561 million by 2017 and \$6.2 billion worldwide by the following year. In short, gluten-free food won't be leaving the supermarket aisles any time soon – great news for coeliacs and anyone who suffers from Non Coeliac Gluten Sensitivity (NCGS).

So, what exactly are UK supermarkets offering gluten-free shoppers these days? We searched the shelves of five of the country's largest supermarkets, to compare prices and assess the variety of gluten-free products available, both own brand and those from other producers. What we found was encouraging – the range of gluten-free products appears to be improving all the time, giving you far more choice than ever before, and allowing you to choose gluten-free without seeing a massive increase in your weekly spend.



Morrisons Free From  
Fruit and Seed Granola,  
£1.98 for 400g



Morrisons Free From  
Chunky Chocolate Chip  
Cookies, £1.34



Morrisons Free From  
Fusilli Pasta, £1.38  
for 500g

### MORRISONS

Following feedback from customers, Morrisons expanded its free from offering this February – it now features over 260 products and includes its own Free From range. Products in this range that are gluten free include bread, pasta, noodles, cakes, confectionery and sauces, all of which are clearly labelled with the Free From branding as well as separate info on whether they're wheat- or gluten-free. Morrisons also sells other gluten-free ranges such as Doves Farm, Genius and Mrs Crimbles. We also like the fact that the website has a clear free from section, which allows you to choose by dietary type as well as brand.

**Good for:** Website with clear, easily navigable free from section

**Number of stores:** 500 plus an online ordering service

Waitrose  
LoveLife  
Free From  
4 Bakewell  
Tarts, £2



Waitrose  
LoveLife Free  
From Gluten Egg  
& Watercress  
Roll, £2.50



Waitrose  
LoveLife Free  
From Gluten  
Lasagne  
Sheets, £1.99



## WAITROSE

This chain has over 400 gluten-free products available, with a number of these from its own brand, LoveLife, which includes pasta, cakes, sandwiches, cereals and frozen pizzas. The company brings out a good range of seasonal gluten-free products, such as hot cross buns at Easter and puddings, mince pies and stollen at Christmas. Chloe Graves, Free From Buyer, says: "The popularity of our free from range shows no sign of abating and we're continuing to see customers choosing gluten-free options as alternatives to their everyday favourite foods. In order to keep up with demand, we've already vastly expanded our free from range." Prices start at 24p and go up to £14.99.

**Good for:** Seasonal products

**Number of stores:** 382 plus an online ordering service

Sainsbury's pack of  
10 FreeFrom Cod  
Fish Fingers, £2.50



Sainsbury's pack  
of 4 FreeFrom  
Soft Multigrain  
Rolls, £2



Sainsbury's pack of 4  
FreeFrom Chocolate  
Brownies, £2



## SAINSBURY'S

On the website, Sainsbury's own brand FreeFrom foods are divided into gluten-free, dairy-free and wheat-free, and the gluten-free selection is further subdivided into handy categories such as Food Cupboard, Bakery and Chilled. Sainsbury's has an impressive range of own brand gluten-free bread and cakes, with 30 products including brown, multigrain and white bread, plus rolls, naan, ciabatta and baguettes. Its gluten-free offering totals over 500 products, giving you a fantastic choice.

**Good for:** Overall range, plus an excellent selection of  
gluten-free breads

**Number of stores:** 1,200 plus an online ordering service

Tesco Free From Tiger  
Rolls, £2 for 4



Tesco Finest  
Free From  
Carrot Cake, £3



## TESCO

Tesco is the most ubiquitous supermarket in the UK, and with over 350 gluten-free products on offer, that's a very good thing for gluten-free shoppers! Its own Free From range has 140 products, spanning grocery, frozen and chilled dairy. Tesco is currently revamping its Free From packaging design to introduce colour-coded allergen information that's consistent across the range, making it even easier to shop for these products - keep an eye out for this new development in store over the coming months.

**Good for:** Wide range of both own brand and other brand  
gluten-free foods

**Number of stores:** 3,500 plus an online ordering service

ASDA Free From  
Butterfly Buns £2



ASDA Free  
From Blueberry  
Muffins £2

ASDA Free From  
Chocolate Loaf  
Cake £3



## ASDA

March this year saw ASDA increase its Free From offering, which now includes numerous gluten-free products. As well as the basics like bread, pasta and cereals, there are also ready meals and more innovative products - such as DIY baking kits - hitting the shelves. ASDA's own brand labelling carries the crossed wheat symbol as well as being branded with a Free From logo, making it easy to spot in store. The supermarket's own brand also has some of the lowest prices for gluten-free products, making it a must-visit for the budget-savvy shopper.

**Good for:** Value for money

**Number of stores:** 370 plus an online ordering service

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Tried & tested

IMAGE: iStock

# 3 of the best...spiralizers

This issue we put spiralizers to the test, and here are the results!

## Hemsley + Hemsley Spiralizer, £29.95

**Rosie says:** Created very nice spirals for my courgetti bolognese!

**Yvette says:** This was really easy to use, but I found it fiddly to clean as I don't have a dishwasher.

**Rachel says:** It was easy to set up and change blades, but only seemed to work well on really straight veg.



Star rating: ★★★★☆

Our panel



Yvette Streeter  
from Weston-Super-Mare is  
GF by choice



Rachel Nott  
from Durham is  
gluten-free by choice



Rosie Walter  
from Bristol is  
gluten intolerant

## Lakeland Vegetable Spirali, £25.59

**Yvette says:** I liked it and would use it again after a bit more practice. The blades are not clearly labelled so I wasted a courgette using the wrong setting first time round!

**Rosie says:** Creates lots of crescents if the veg is not 100% straight, but very easy to use.

**Rachel says:** Quick, easy, and great value.



Star rating: ★★★★★

## OXO Julienne Peeler, £6.50

**Rachel says:** Better for creating Julienne strips than spirals, but it did make me feel more creative about how I present my veggies!

**Rosie says:** Easy to use and comfy to hold, and I liked the flip safety guard to keep fingers intact.



Star rating: ★★★★☆

**Yvette says:** A good solution if you don't want to spend time assembling a large machine or if you have limited kitchen storage.



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**P64»**

# *A taste of Asia*

Enjoy comfort food with a kick when you cook up these delicious dishes from Indonesia, China and India

**YOU WILL NEED**

- 250g (9oz) skinless chicken breast fillet, thinly sliced
- 1 tbsp kecap mani (sweet soy sauce)
- 1 small (1kg/2lb 4oz) cauliflower, roughly chopped
- 1½ tbsp peanut oil
- 4 raw prawns (shrimp), peeled and deveined, tails intact
- 2 eggs, lightly whisked
- 1 red onion, sliced
- 2 garlic cloves, chopped
- ½ tsp shrimp paste
- 1 tbsp sambal oelek (chilli paste)
- 150g (5½oz) Chinese cabbage (wong bok), shredded
- 4 spring onions (scallions), thinly sliced, plus extra to serve
- 140g (5oz/1 cup) frozen peas, thawed
- 1 tbsp crisp fried onions or sliced spring onions (scallions)
- ½ Lebanese (short) cucumber, thinly sliced
- Lime wedges, to serve

KCAL 546	FAT 12g	SATURATES 4g	CARBS 85g
SUGAR 20g	FIBRE 29g	PROTEIN 32g	SALT 4g

\*PER SERVING



## Chicken and cauliflower nasi goreng

Cauli rice transforms this traditional Indonesian dish, turning it into a meal that's low in calories but loaded with flavour

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 20 mins plus 30 mins marinating **COOKING:** 25 mins

**HOW TO MAKE**

**1** Put the chicken in a glass bowl, add 2 teaspoons of the kecap manis and stir to combine. Cover and refrigerate for 30 minutes.

**2** Chop the cauliflower in a food processor in two batches until it resembles coarse rice grains. Don't process the cauliflower too finely or the dish will become too wet. Set aside.

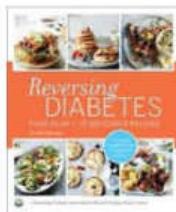
**3** Heat 2 teaspoons of the oil in a non-stick wok over a high heat. Stir-fry the chicken for 4 minutes or until golden and cooked through. Transfer to a plate. Repeat with another 2 teaspoons of the oil and the prawns. Transfer to a plate.

**4** Add 1 tablespoon of the remaining oil to the wok. Pour in the eggs, tilting the wok in a swirling motion to make a thin omelette. Cook for 2 minutes, then carefully turn and cook for a further 2 minutes. Transfer to a plate. When cool enough to handle, roll up the omelette and cut it into thin slices.

**5** Heat the remaining 1 teaspoon of oil in the wok over a medium-high heat. Stir-fry the onion and garlic for 1 minute. Add the shrimp paste, sambal oelek and remaining 2 teaspoons of kecap manis. Cook, stirring, for 1 minute. Add the cauliflower and stir-fry for 2-3 minutes or until it is starting to soften. Add the cabbage, spring

onions and peas, and stir-fry for 3-4 minutes or until the cabbage has wilted. Return the chicken and prawns to the wok and toss to combine.

**6** Spoon the nasi goreng into four bowls and serve with the omelette strips, fried onions, extra spring onions, cucumber and lime wedges.



This recipe is taken from *Reversing Diabetes* by Dr Alan Barclay (Murdoch Books, £14.99)

**CHEF'S TIP**

If you don't have a food processor, you can still make cauliflower rice by grating the raw cauliflower on the coarse side of a cheese grater. You will probably be left with a few bigger pieces, so your rice will have a slightly chunkier texture.

# Chickpea, quinoa and turmeric curry

An easy meal for busy people, this quinoa curry is comfort food at its tastiest, and you can have a second helping knowing that it's good for you, too! If there are any leftovers, you can freeze them for another day

**SKILL LEVEL:** **SERVES 6** **PREPARATION:** 10 minutes **COOKING:** 1 hour

## YOU WILL NEED

- 500g (17½oz) new potatoes, halved
- 3 garlic cloves, crushed
- 3 tsp ground turmeric
- 1 tsp ground coriander
- 1 tsp chilli flakes or powder
- 1 tsp ground ginger
- 400g (14oz) can of coconut milk
- 1 tbsp tomato purée
- 400g (14oz) can of chopped tomatoes
- Salt and pepper
- 180g (6¼oz) quinoa
- 400g (14oz) can of chickpeas, drained and rinsed
- 150g (5½oz) spinach

KCAL 226	FAT 6g	SATURATES 1g	CARBS 37g
SUGAR 9g	FIBRE 11g	PROTEIN 10g	SALT 0.3g

\*PER SERVING

## HOW TO MAKE

- 1 Place the potatoes in a pan of cold water and bring to the boil, then let them cook for about 25 minutes, until you can easily stick a knife through them. Drain them well.
- 2 Place the potatoes in a large pan and add the garlic, turmeric, coriander, chilli, ginger, coconut milk, tomato purée and tomatoes. Bring to the boil, season with salt and pepper, then add the quinoa with a mug of just-boiled water (300ml).

- 3 Reduce the heat to a simmer, place the lid on and allow to cook. Over the next 30 minutes, stir every 5 minutes or so to make sure nothing sticks to the bottom. This is quite a long cooking time, but this is how long quinoa takes to cook in all these ingredients, rather than just in water. Halfway through cooking, add the chickpeas. When there are just 5 minutes left, add the spinach and stir it in until it wilts. Once the quinoa has cooked and is fluffy, not crunchy, it's ready.

Photography by Clare Winfield

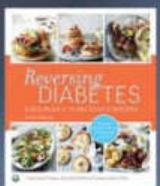
## CHEF'S TIP

Be very careful with turmeric, as it will stain everything, from your hands to surfaces and equipment. Wear an apron while making the curry, try not to leave turmeric-coated spoons lying around, and tell your dinner guests not to wear white!



This recipe is taken from *Deliciously Ella Every Day* by Ella Woodward (Yellow Kite, £20)





This recipe is taken from *Reversing Diabetes* by Dr Alan Barclay (Murdoch Books £14.99)





## Spiced pork dumpling and water chestnut soup

Packed with low-GI carbohydrates, dietary fibre, anti-inflammatory ginger and potassium, this Chinese-style soup is pure health in a bowl!

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 20 minutes **COOKING:** 20 minutes

### YOU WILL NEED

- 400g (14oz) lean minced (ground) pork
- 230g (8oz) tinned water chestnuts, drained and finely chopped
- 2 spring onions (scallions), finely chopped, plus extra slices to serve
- 2 garlic cloves, crushed
- 1 long red chilli, seeded and finely chopped
- 250ml (9 fl oz/1 cup) salt-reduced chicken stock
- 1 star anise
- ¼ tsp ground white pepper
- 1 tbsp salt-reduced tamari
- 30g (1oz) piece fresh ginger, cut into matchsticks
- 125g (4½oz) baby corn, halved lengthways
- 150g (5½oz) Chinese cabbage (wong bok), shredded
- 400g (14oz) choy sum, cut into short lengths
- 200g (7oz) dried egg noodles
- 1 small handful coriander leaves, to serve

KCAL 705	FAT 59g	SATURATES 11g	CARBS 28g
SUGAR 8g	FIBRE 4g	PROTEIN 18g	SALT 0.7g

\*PER SERVING

### HOW TO MAKE

- 1 Put the pork, water chestnuts, chopped spring onions, garlic and red chilli in a bowl and mix until combined. Season the mixture with freshly ground black pepper. Roll into 24 balls, using 1 tablespoon of the mixture for each.
- 2 Combine the stock, star anise, white pepper and 1 litre (35 fl oz/4 cups) water in a large saucepan. Bring to a boil over medium-high heat. Add the dumplings, reduce the heat to low and simmer for 8-10 minutes or until the dumplings are cooked through. Stir in the soy sauce, ginger, baby corn, Chinese cabbage and choy sum, and simmer for a further 2 minutes.
- 3 Add the noodles to a pan of boiling water. Cook for 3 minutes, stirring with a fork to separate, then drain.
- 4 Divide the noodles among four bowls. Ladle the soup and dumplings onto the noodles and serve sprinkled with the coriander leaves and spring onion slices.

### CHEF'S TIP

Minced chicken can be used instead of pork in this recipe. To be sure of what's going into your mince, why not make your own? There are lots of mincers on the market for all different budgets.



## Prawn, quinoa and vegetable stir fry

Quinoa makes the perfect protein-packed alternative to rice in this dish – you'll love the way it soaks up all the incredible ingredients, so that each bite is bursting with flavour!

**SKILL LEVEL:** **SERVES 4**

**PREPARATION:** 20 mins plus 30 mins marinating **COOKING:** 25 mins

### YOU WILL NEED

- ½ tsp chilli flakes
- 3 garlic cloves, crushed
- 2 tsp finely grated ginger
- 1½ tbsp peanut oil
- 400g (14oz) peeled raw prawns (shrimp), tails intact
- 150g (5½oz/¾ cup) quinoa, rinsed
- 1 large onion, finely chopped
- 1 bunch asparagus (about 8 spears), sliced
- 200g (7oz) sugar snap peas, sliced
- ½ small red cabbage, shredded
- 2 tbsp tamari

\*PER SERVING

KCAL 546	FAT 12g	SATURATES 4g	CARBS 85g
SUGAR 20g	FIBRE 29g	PROTEIN 32g	SALT 4g

### HOW TO MAKE

**1** Combine the chilli flakes, half the garlic, half the ginger and 2 teaspoons of the oil in a shallow, non-metallic dish. Add the prawns and turn to coat well. Cover and refrigerate for 30 minutes.

**2** Meanwhile, put the quinoa and 375ml (13 fl oz/1½ cups) cold water in a pan over a high heat. Bring to a boil, cover, reduce heat to low and simmer for 12 minutes or until the water is absorbed and the quinoa is al dente.

**3** Heat 2 tbsp of oil in a large wok or non-stick frying pan over a high heat. Stir-fry the prawns for 2–3 minutes until golden and just cooked through; remove from wok.

**4** Return the wok to a high heat, add the remaining oil and stir-fry the onion for 2–3 minutes. Add the remaining garlic, sugar snaps and 2 tablespoons water and stir-fry for 1–2 minutes.

**5** Add the quinoa and cabbage and stir-fry for 1–2 minutes. Add the prawns and tamari and toss for 1 minute to heat through.



This recipe is taken from *Real Delicious* by Chrissy Freer (Murdoch Books, £14.99)

### CHEF'S TIP

Prawns are quite high in sodium, but using a low-salt tamari will help to keep the overall sodium content down. Tamari is a wheat-free alternative to soy sauce, but it does contain rice, making it unsuitable for a no-grain diet.

# GLUTEN-FREE GETAWAY...

## *Cornwall*

We take a trip to the South West and discover the best places to enjoy gluten-free food in sunny Cornwall

### 1 Tea for two

#### The Scarlet Hotel

Indulge in a splendid afternoon tea at this picture-perfect hotel, just for grown-ups. At The Scarlet, a daily selection of three different types of gluten-free bread is made, and their cream tea can be completely tailored to any dietary requirements including dairy-free and sugar-free. The Scarlet afternoon teas must be booked 24 hours in advance and cost £25pp with tea or £35pp with champagne. Visit [scarlethotel.co.uk](http://scarlethotel.co.uk)



### 2 Fish and chip supper

#### Stein's Fish and Chips

Situated in Padstow on the beautiful North Cornwall coast, with views over the Camel Estuary, Rick Stein's famous fish and chip shop is the perfect seaside stop. Generous portions aside, we love Stein's for its simply delicious gluten-free option - fresh fish cooked in a light, gluten-free batter in a separate fryer. What could be better? Visit [rickstein.com](http://rickstein.com) for more information.



*Get in touch!*

We'd love to hear your experience of great gluten-free restaurants, cafés, B&Bs, hotels, bakeries and food festivals across the UK! Please email your suggestions to: [editor@eating-and-living-glutenfree.co.uk](mailto:editor@eating-and-living-glutenfree.co.uk)

## THIS ISSUE'S EXPERTS

Hannah Miles

Hannah Miles was a finalist on BBC's *MasterChef* in 2007 and has since become a cookery writer, with more than 20 books to her name, plus recipes that have featured in a host of national and international magazines.



She developed a passion for gluten-free cooking after her best friend was diagnosed with wheat intolerance. Having been inspired to start creating gluten-free recipes that were tasty enough to appeal to everyone (not just those on a gluten-restricted diet) she has now written three gluten-free cookbooks, all published by Ryland Peters & Small. Hannah also works as a lawyer.

Deborah Thackeray

Deborah Thackeray is a registered nutritional therapist with a practice in North Yorkshire. She has a particular interest in coeliac disease and gluten sensitivity, and set up the website Gluten Free Baking and Living with her coeliac husband, Ian. Deborah is a consultant to gluten-free food producers and teaches gluten-free baking in three locations in the UK. She also writes for and publishes Gluten Free Baking and Living e-magazine. For more from Deborah, visit [glutenfreebaking.co.uk](http://glutenfreebaking.co.uk), like Gluten Free Baking and Living on Facebook or follow @GlutenFreeBaki1on Twitter.



Write to us!

Have you got a question for our experts? Email [editor@eating-and-living-glutenfree.co.uk](mailto:editor@eating-and-living-glutenfree.co.uk) and although the experts won't be able to answer you personally, each issue we'll choose a

# ASK THE EXPERTS

Following a gluten-free diet can take a bit of getting used to. Our experts are on hand to answer your queries and offer their advice

### PAIN RELIEF

**Q** My mum suffers terribly with arthritic and joint pain. I've heard anecdotally that a gluten-free diet might help - is this true?

**A** Deborah says: It may depend on the sort of arthritis she has. Rheumatoid arthritis sufferers often notice a reduction of symptoms when they go gluten free, as it is an autoimmune condition like coeliac disease. But many of the symptoms of coeliac disease are related to inflammation (such as joint pain). Not all sufferers experience gut problems. It would definitely be worth getting tested for CD, to rule that out before she goes gluten free. But even if she isn't coeliac, it may be worth trying a GF diet to see if it helps.

### ENERGY BOOST

**Q** I exercise a lot, running for around two miles a day and making regular trips to the gym. I also follow a gluten-free diet. Are there any easy, portable gluten-free snacks I can carry with me that are particularly good for an energy boost?

**A** Hannah says: There are lots of gluten-free energy bars available now, such as Nakd and Trek, which are specifically designed for post workout energy boosts and can be found in the gluten-free aisle in supermarkets. If you want more natural products, then fresh bananas, dried slices of coconut, fresh figs



Pack bananas in your gym bag for an instant energy boost



Try these savoury muffins from issue 14 of *Eating and Living Free From*

### FAB FROZEN MEALS

**Q** My seven-year-old son has been recently diagnosed with coeliac disease, and I was wondering if you could recommend some good kid-friendly, gluten-free recipe ideas that freeze well?

**A** Hannah says: Most kids love pasta, and gluten-free pasta is now available in all supermarkets. It tastes good and you would hardly know the difference from regular wheat pasta. Why not take a morning to cook batches of Bolognese sauce and tomato sauce and then once cool, freeze these in individual portions which can then quickly be defrosted on the day that you need them. For a really simple, but



## SAVOURY BAKES

**Q** I am coeliac but also diabetic - I love baking but shouldn't really eat cakes. Are there any savoury recipes you can make?

**A** Hannah says: I love savoury muffins, and once you have a basic batter you can vary it to make many different varieties. For a basic batter, mix together 200g gluten-free self-raising flour, 1 tsp baking powder, 1 tsp bicarbonate of soda and 50g of fine cornmeal. Stir in 150ml of milk, 2 beaten eggs, 4 tbsp of crème fraîche and 100g of melted butter and whisk everything together with a little salt and pepper. Then add flavourings of your choice - some chopped olives, grated cheese and chopped walnuts, some chopped sundried tomatoes and a little feta cheese, or a drained tin of sweetcorn. The possibilities are endless! Spoon into muffin cases and bake for 25-30 minutes in a preheated oven at 180°C/350°F/Gas Mark 4 until the muffins are golden brown.

delicious, tomato sauce, cover the bottom of a saucepan in a good layer of olive oil (it will seem like a lot but it is what gives richness to the sauce), season with salt and pepper and heat until you can smell the pepper spice. Add two tins of chopped tomatoes and simmer over a gentle heat until thickened, probably about 30-40 minutes. So simple, but it really tastes delicious. Once defrosted, you can fold anything into the sauce when reheating, such as sweetcorn, cooked chicken, olives or fried gluten-free chorizo. It's also delicious plain.

## PATCHY SKIN

**Q** I suffer from eczema in patches on my face - could following a gluten-free diet help improve my skin condition?

**A** Deborah says: Eczema is more common in the coeliac population and also in their relatives. It is possible that a gluten-free diet would help - it does seem to work for some people, but for others it doesn't make a major difference. But, as it may be a significant indicator for CD, it is important to rule that out before embarking on a gluten-free diet to see if your eczema improves.

## Can milk cause bloating?

**Q** I am attempting to follow a gluten-free diet to reduce bloating, but a friend suggested that I avoid milk product too as casein, the milk protein, can mimic gluten.

**A** Deborah says: It is true that the casein proteins in milk can have very similar sequences to gluten, leading the body to mistakenly react to milk as if it was gluten. But, this is normally a problem for coeliacs, rather than the gluten sensitive. However, lactose, the sugar in milk, can frequently cause bloating if the gut flora aren't producing enough lactase enzyme to digest it. It may be worth trying lactose-free milk to see if the problem is lactose, but if you continue to get bloating, it might be worth trying dairy-free as well as gluten-free for a short time.



The body can sometimes react to milk as if it was gluten



Fresh veggies are a great source of fibre for a gluten-free diet

## BIRTHDAY CELEBRATION

**Q My 30th birthday is coming up and I would love to organise a birthday meal with plenty of gluten-free options. Can you recommend a restaurant, nationally available, that caters for gluten-free customers please?**

**A** Hannah says: With a growing awareness of food intolerances, most restaurants nowadays cater for food allergies, and chain restaurants will have manuals containing the ingredients of all

their dishes including gluten. Any good restaurant should be able to cater for a gluten-free menu if they are given advanced notice when you are booking. I fully accept that there are some restaurants where this is not possible, and sometimes when I am eating out with my friend who is coeliac we look at the menu and just have to leave, so if it is for a special occasion, make sure you speak to the restaurant and check out the menu in advance. Carluccio's is a national chain and has a separate, and delicious, gluten-free menu with numerous lovely Italian gluten-free pasta dishes - so good that you would not know it was gluten-free at all.



IMAGES: © istock

## FILLING UP ON FIBRE

**Q** I've recently gone gluten-free but I'm worried I need to increase my fibre intake now. Do I need to and if so, what are the other good gluten-free sources of fibre?

**A** Deborah says: Most gluten-free products aren't particularly high in fibre, so you are right to be concerned. The best way to increase your fibre intake is to eat lots of fresh vegetables and fruits - aim for eight portions (mostly veg) a day. Some gluten-free grains like teff, buckwheat, brown rice, oats and quinoa are high in fibre, so try to include a portion of these daily. And adding ground linseeds to your breakfast can also really help to up your daily fibre intake.

## APP ADVICE

**Q** Can you recommend some gluten-free apps please?

**A** Hannah says: Coeliac UK has a very good app which helps with product checking for gluten content and provides assistance on managing a gluten-free diet. Details are available at [coeliac.org.uk/gluten-free-diet-and-lifestyle/mobile-phone-app/](http://coeliac.org.uk/gluten-free-diet-and-lifestyle/mobile-phone-app/). For dining out there is also a good free app called Kafoodle, which allows you to search for restaurants serving gluten-free food near to where you live.

## CURRY NIGHT

**Q** What are the typically gluten-free options on a curry takeaway menu?

**A** Deborah says: Nearly everything on a curry menu should be gluten-free. The only things you really can't have are samosas and naan breads. Stick to curries, vegetable dishes and rice, and you should be fine. Even poppadoms can be gluten-free (as they are made from lentil flour) if the oil they are cooked in isn't also used for frying gluten-containing products. Most takeaways know that they have to publish information about allergens and be able to tell you if there is gluten in a dish.

**Disclaimer:** This article is in no way intended as a substitute for professional medical advice and no responsibility will be accepted for failure to consult the appropriate medical practitioner. Always consult your doctor before making any changes to your diet, medicines or taking supplements.

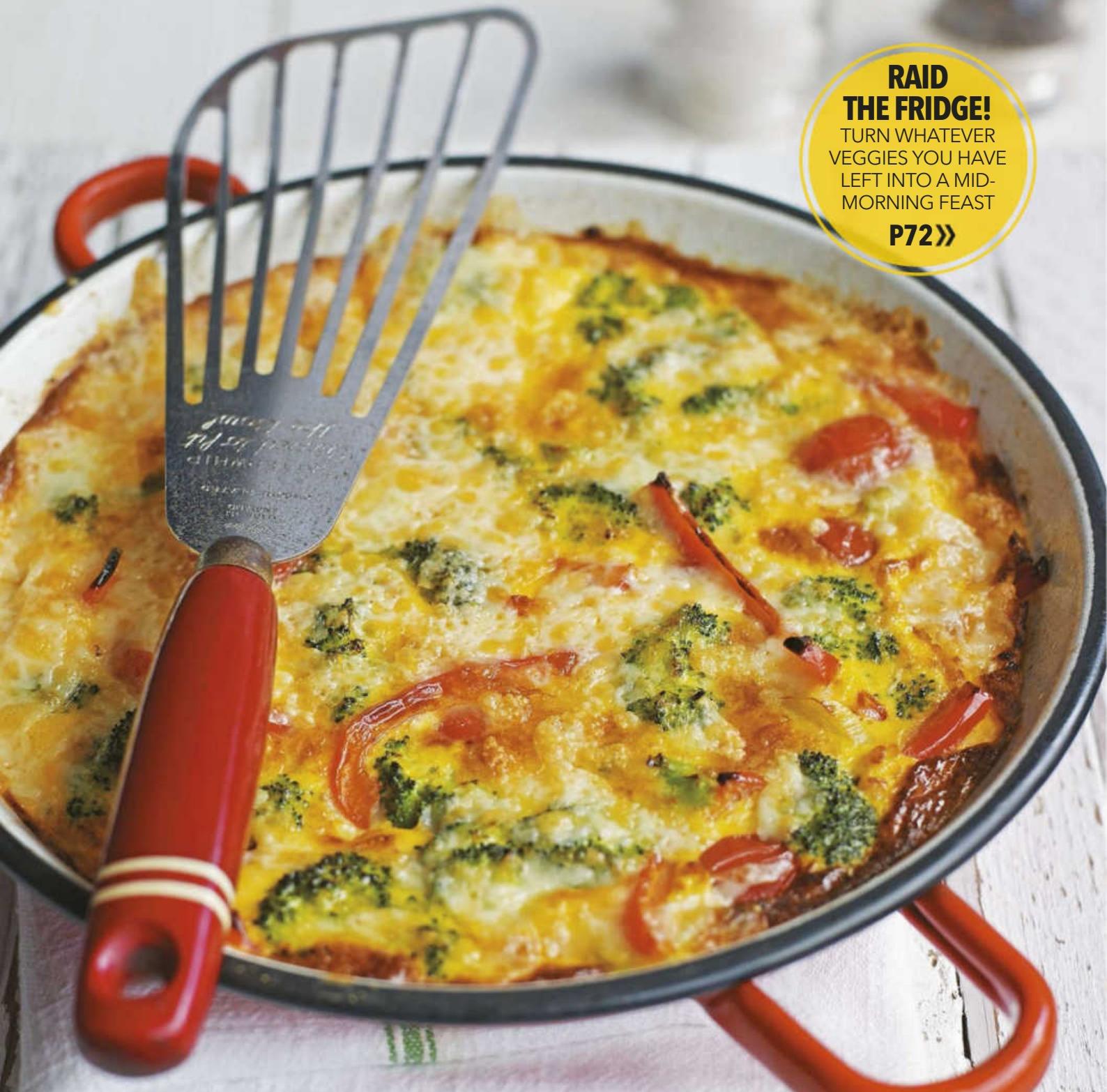
# Egg brunches

Get your day off to a cracking start with five tasty and nutritious egg recipes that will keep energy levels high

**RAID  
THE FRIDGE!**

TURN WHATEVER  
VEGGIES YOU HAVE  
LEFT INTO A MID-  
MORNING FEAST

P72»



## EGG BRUNCHES

### YOU WILL NEED

- 290g (10½oz) dried great northern beans, soaked overnight
- Olive oil spray
- 1 large brown onion, finely chopped
- 2 garlic cloves, chopped
- 2 tsp mustard powder
- 1 tbsp sweet paprika
- 2 tsp ground cumin
- 1 tsp dried oregano
- 800g (1lb 2oz) tinned diced tomatoes
- 1 tbsp pure maple syrup
- 2 dried bay leaves
- 200g (7oz) lean minced (ground) pork
- ½ tsp hickory liquid smoke
- 1 tbsp white vinegar
- 6 eggs
- Chopped parsley leaves, to serve

KCAL 326	FAT 7g	SATURATES 2g	CARBS 42g
SUGAR 8g	FIBRE 12g	PROTEIN 25g	SALT 0.8g

\*PER SERVING



## Boston baked beans with poached eggs

This hearty brunch is the ultimate Sunday morning indulgence – in this version, maple syrup and lean mince replace molasses and pork belly for a lighter take on the traditional American dish

SKILL LEVEL: SERVES 6

PREPARATION: 25 minutes (plus overnight soaking) COOKING: 2 hours 40 minutes

### HOW TO MAKE

**1** Drain and rinse the beans, then place in a saucepan and cover with water. Bring to the boil, then reduce the heat and simmer for around 40–45 minutes or until the beans are tender. Drain the beans, reserving 500ml (17fl oz) of the water they were cooked in.

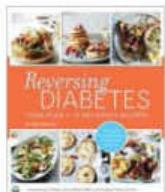
**2** Spray a large flameproof casserole dish with olive oil and place over a medium heat. Cook the chopped onion, stirring, for 3–4 minutes or until it has softened. Add the garlic and stir for about

1 minute, then add the mustard, paprika, cumin and oregano, and then stir for a further 2 minutes or until fragrant. Stir in the tomatoes, beans, maple syrup, bay leaves and reserved water. Reduce the heat to low, cover and cook for 1¼ hours or until the beans are soft and the sauce has thickened.

**3** Meanwhile, heat a small non-stick frying pan over a medium-high heat. Add the pork and hickory liquid smoke (optional) and cook for around 5–6 minutes or until the pork is golden and cooked.

**4** Just before the beans are cooked, bring a small saucepan of water to the boil over a high heat. Add the vinegar and stir the water in a circular motion. Reduce the heat to low, crack an egg into a small bowl and gently pour it into the swirling water. Repeat with another egg. Simmer for 2 minutes, then remove from the water with a slotted spoon. Cook the remaining eggs in the same way.

**5** Serve the beans topped with the pork mixture and eggs, and scatter over the parsley.



This recipe is taken from *Reversing Diabetes* by Dr Alan Barclay (Murdoch Books, £14.99)

## EGG BRUNCHES



### YOU WILL NEED

- 2 tbsp olive oil
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 3 different coloured peppers, cored, deseeded and finely sliced
- 2 tbsp pitted black olives, halved
- 150g (5oz) feta cheese, cubed
- 4 eggs
- Black pepper
- Shredded basil leaves, to garnish
- Warm wholegrain bread, to serve

KCAL	FAT	SATURATES	CARBS
262	20g	8g	10g
SUGAR	FIBRE	PROTEIN	SALT
4g	2g	12g	1.3g

\*PER SERVING

## Pepper, feta and egg tagine

This Moroccan-inspired take on poached eggs makes a scrumptious brunch – just pop the tagine in the middle of the table, and serve with plenty of warm flatbread

SKILL LEVEL:

SERVES 2 PREPARATION: 10 minutes COOKING: 15-20 minutes

### HOW TO MAKE

1 Heat the olive oil in a heavy-based frying pan or a tagine over a medium heat, then add the cumin and coriander seeds and cook for 1-2 minutes. Add the peppers and cook for a further 2-3 minutes, then stir in the olives. Cover and cook gently for 5 minutes until the peppers have softened.

2 Add the feta and cook for 2-3 minutes until it begins to soften,

then make 4 wells in the mixture. Break the eggs into the wells, cover and cook for 4-5 minutes until the egg whites are set. Grind pepper over the eggs and garnish with the basil leaves.

### CHEF'S TIP

Don't crack the eggs against the side of the pan – instead break them against a chopping board or counter top to stop bits of shell falling into the egg.

EAT  
YOURSELF  
SMART



This recipe is taken from *Eat Yourself Smart* by Gill Paul (Octopus £7.99)

**YOU WILL NEED**

- 3 tbsp olive oil
- 1 small red onion, chopped
- 1 garlic clove, crushed
- 1 small red pepper, cored, deseeded and cut into strips
- 1-2 red chillies, deseeded and chopped
- ½ tsp smoked paprika
- Pinch of ground coriander
- 25g (1oz) butter
- 4 eggs, beaten
- 4 soft gluten-free tortillas
- 2 handfuls of baby spinach
- 75g (3oz) Cheddar cheese, grated
- 2 tomatoes, chopped
- Sea salt and black pepper

KCAL 367	FAT 27g	SATURATES 10g	CARBS 21g
SUGAR 5g	FIBRE 3g	PROTEIN 13g	SALT 0.5g

\*PER SERVING

## Scrambled egg enchiladas

This spicy Mexican breakfast packs a serious protein punch, so it's a great way to reward yourself after a virtuous early morning gym session!

SKILL LEVEL:

SERVES 4 PREPARATION: 15 minutes COOKING: 25 minutes

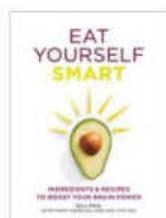
**HOW TO MAKE**

**1** Heat the oil in a small frying pan over a low heat, add the onion, garlic, red pepper and chilli and cook, stirring occasionally, for 10 minutes until very soft and tender. Stir in the paprika and coriander, season to taste and cook for a further 2 minutes.

**2** Meanwhile, melt the butter in a small non-stick saucepan over a low heat and add the eggs. Season and stir until they're softly set and scrambled; remove from the heat.

**3** Lay out the tortillas on a work surface, arrange the spinach in the centre, then spoon the onion mixture and the scrambled egg on top. Fold the tortillas into triangles to enclose the filling and place in an ovenproof dish.

**4** Scatter the cheese and the chopped tomatoes over the tortillas, then place them in an oven that has been preheated to 200°C/400°F/Gas Mark 6, for 10 minutes until the cheese is bubbling. Serve immediately.



This recipe is taken from *Eat Yourself Smart* by Gill Paul (Octopus £7.99)

## EGG BRUNCHES

### CHEF'S TIP

It's worth making a batch of this pesto to keep for a rainy day when only a warming bowl of pasta and a dollop of the basil-based sauce will do, so double the recipe and store in the fridge in an airtight container or jar for up to a week.

### YOU WILL NEED

- 625g (1½lb) broccoli florets
- 300g (10oz) sugar snap peas
- 1 tsp vinegar
- 4 eggs
- 75g (3oz) sun-dried tomatoes, chopped
- Sea salt and black pepper
- Parmesan cheese shavings, to serve

### FOR THE PESTO

- 10g (½oz) basil leaves
- 5g (¼oz) toasted pine nuts
- 5g (¼oz) parmesan cheese, grated
- 1 small garlic clove, crushed
- 15–20ml (1½–¾fl oz) olive oil

KCAL 267	FAT 13g	SATURATES 3g	CARBS 27g
SUGAR 10g	FIBRE 9g	PROTEIN 16g	SALT 1.4g

\*PER SERVING



# Pesto broccoli with poached eggs

This lean, green and super-simple dish is bursting with anti-ageing vitamins and minerals – eat as it comes or, if you're feeling particularly hungry, then serve with a toasted gluten-free muffin

**SKILL LEVEL:** **SERVES 1** **PREPARATION:** 10 minutes **COOKING:** 10 minutes

### HOW TO MAKE

**1** To make the pesto, place the basil and pine nuts in a mini processor and blitz until broken down. Add the cheese and garlic and blitz briefly. With the motor still running, slowly pour in the oil through the feed tube until combined. Season to taste.

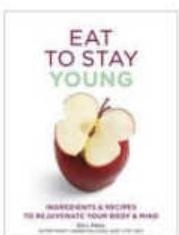
**2** Cook the broccoli florets and peas in a large saucepan of lightly

salted boiling water for about 7–8 minutes or until softened but still a little crunchy.

**3** Meanwhile, bring a saucepan of water to the boil and add the vinegar. Reduce the heat to a very low simmer and break the eggs gently into the water. Cook for about 5 minutes or until the egg whites are cooked through and the yolks are still runny.

**4** Drain the vegetables, then return to the pan and stir in 1½ tablespoons of the pesto over a gentle heat. Add the sun-dried tomatoes and gently toss together until well coated.

**5** Divide the vegetables between four plates, then top with the eggs and the parmesan shavings. Sprinkle with pepper to taste, then serve straight away.



This recipe is taken from *Eat to Stay Young* by Gill Paul (Octopus £7.99)

This recipe is taken  
from *Eat to Stay  
Young* by Gill Paul  
(Octopus £7.99)





## Broccoli & red pepper frittata

This tasty frittata makes a satisfying and nutritious brunch or a perfectly portable office lunch – just add a leafy green salad to make a meal of it!

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 10 minutes **COOKING:** 15 minutes

### YOU WILL NEED

- 6 eggs
- 2 tbsp milk
- 100g (3½oz) strong Cheddar cheese, grated
- 1 head of broccoli, cut into florets
- 1 tbsp olive oil
- 1 red pepper, cored, deseeded and thinly sliced
- 1 leek, white part only, thinly sliced
- 100g (3½oz) cherry tomatoes, quartered
- Sea salt and black pepper

KCAL 308	FAT 19g	SATURATES 8g	CARBS 17g
SUGAR 6g	FIBRE 5g	PROTEIN 20g	SALT 0.8g

\*PER SERVING

### HOW TO MAKE

- 1 Place the eggs and milk in a mixing bowl and beat until fluffy. Season to taste, add half the grated cheese and mix well. Set to one side.
- 2 Cook the broccoli florets in a saucepan of lightly salted boiling water for 1 minute, then refresh in cold water and drain well.
- 3 Heat the olive oil in a large, non-stick, ovenproof frying pan over a medium heat and add the red pepper and leek. Cook for about 2 minutes until the leek starts to soften, then add the broccoli and cherry tomatoes.
- 4 Cook for a further 2-3 minutes, season to taste, then arrange the vegetables evenly over the base of the pan. Pour in the egg mixture and continue cooking for about 3 minutes until the egg sets around the edges.
- 5 Place the pan under a preheated medium-hot grill for 5 minutes until the frittata is golden and set. Sprinkle over the remaining cheese and return to the grill until it bubbles. Transfer the frittata to a plate and serve in wedges.

### CHEF'S TIP

This is an easy recipe to adapt using vegetables you have in the fridge. Try sweet peppers and paprika, or tenderstem broccoli, hot smoked salmon and garden peas with a little horseradish on the side.

# 10 MYTHS ABOUT A GLUTEN-FREE DIET... BUSTED!

Sarah Chadwick gets to the bottom of the myths, mysteries and misrepresentations of a gluten-free diet



## 1 There's no such thing as coeliac disease

Have a word with the 70,000 members of the charity Coeliac UK - they'll tell you otherwise! It is not a food allergy or an intolerance, but an autoimmune disease caused by a reaction to gluten.

**In the know:** Nutritional Therapist Christine Kjeldbjerg ([www.ck-health.com](http://www.ck-health.com)) says: "The official figures show the disease affects 1 in 100, but it is estimated many more cases go undetected as people suffer without seeking help."

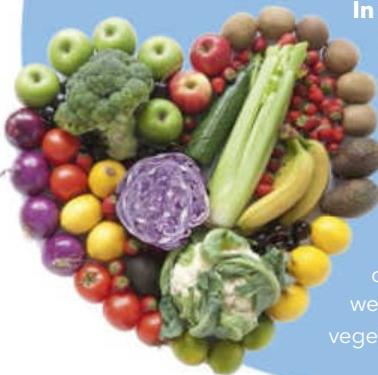


## 2

*We need gluten as part of a balanced diet*

Totally untrue! Many people around the world eat a naturally gluten free or low gluten diet and suffer no ill side effects - take Asia, where the staple food is rice.

**In the know:** Deborah Thackeray, Registered Nutritional Therapist says: "While there are essential fats and essential amino acids, there is no such thing as an essential carbohydrate. We can get all the carbohydrate we need from vegetables."



## 3 You cannot be 'sensitive' to gluten - either you're coeliac or you're not

Most coeliac specialists do not dismiss gluten sensitivity outright - perhaps because the skin condition dermatitis herpetiformis was initially not thought to be gluten related but is now recognised as a symptom of coeliac disease.

**In the know:** Rachel Begun, nutritionist and gluten-free lifestyle expert says: "While we don't have a medical definition for gluten sensitivity just yet, Non Coeliac Gluten Sensitivity (NCGS) is the term given to people who experience symptoms when eating gluten but who have tested negative for coeliac disease and/or wheat allergy. They often find their symptoms clear up on trying a gluten-free diet."



# 6

## *Herbal remedies can solve a gluten intolerance*

Despite the online claims and pop up ads, anything - be it herb, holistic or horsetail tea (yes really) - that claims to heal, cure or remedy coeliac disease or an intolerance or sensitivity to gluten is bogus, so don't fall for the promises.

**In the know:** Deborah says: "No one gets over coeliac disease and very few people, once sensitive to gluten, recover their tolerance. However, taking dietary supplements such as probiotics can help to re-balance a damaged gut after diagnosis."



IMAGES: © iStock

## **4** Going gluten free is expensive

Once that may have been the case, but recent times have seen a real drive by supermarkets in the UK to supply a wide range of cost effective gluten-free products. Coeliacs may also be entitled to certain gluten-free products such as pasta and bread on prescription.

**In the know:** Hannah Miles, Masterchef finalist and author, ([www.hannahscountrykitchen.blogspot.co.uk](http://www.hannahscountrykitchen.blogspot.co.uk)), says: "You can save money by checking the labels on regular products rather than buying from the more expensive gluten free ranges."

## **5** Gluten-free means taste-free

Some gluten-free products can be dry and crumbly, but this can be solved by adding moisture such as natural yoghurt or crème fraîche to cake batters, or cream cheese or cheddar to pastry to help bind it together.

**In the know:** Hannah says: "I find using part-ground almonds in place of some of the flour gives a lovely texture to cakes."



## **10** There is a gluten intolerance vaccine

There were trials in 2011 for a vaccine called Nexvax2 in the US, Australia and New Zealand, believed to reprogram the immune system to stop it attacking the gut in response to gluten. The vaccine is not available yet.

**In the know:** Rachel says: "Currently, the only proven and effective treatment available for coeliac disease and gluten sensitivity is a gluten-free diet."



## **7** Wheat and gluten are the same

The terms 'wheat' and 'gluten' are often used interchangeably, but they are not the same. Gluten is a protein found in wheat, and although all wheat contains gluten, not all gluten comes from wheat.

**In the know:** Deborah says: "Some people react to all gluten, and others are just wheat intolerant or even allergic. For those people, products that use de-glutenised wheat are not suitable, but they might be able to tolerate wheat-free rye bread."

## **8** Giving up gluten can help reduce negative behavioural issues linked with autism

While there is no harm in trying out a gluten-free diet on children with autism, and there is plenty of anecdotal evidence claiming it has been successful, there is no real scientific evidence to support this.

**In the know:** Christine says: "There has been medical research explaining some behavioural changes may be associated with cravings and addictions to highly processed foods, which may be how gluten-free diets helping autism has become a popular assertion."

# 9

## *Surely one little piece of bread can't hurt...*

It can! Symptoms can occur within a few hours and can include diarrhoea and vomiting lasting several days. Gluten can make an appearance in unlikely products like blue cheese, hot dogs, medication and even cosmetics.

**In the know:** Rachel says: "Gluten-free food can be cross contaminated by breadcrumbs in toasters, chopping boards and utensils."



## **10** There is a gluten intolerance vaccine

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**In the know:** Rachel says: "Currently, the only proven and effective treatment available for coeliac disease and gluten sensitivity is a gluten-free diet."



Tried-and-tested recipes from an acclaimed gluten-free chef. Phil Vickery Seriously Good Gluten Free Kits, from £3.95



Coated in creamy chocolate and individually wrapped. Prewett's Chocoful Gluten-Free Biscuits, £2 for 6

Indulgent cookies in rocky road, milk chocolate and honeycomb flavours. **Bake at Home Gluten Free Cookie Baking Mixes, £6**



Make your own wheat-free, gluten-free cookies, brownies and cakes. Hale & Hearty Gluten Free Mixes, from £2.65



Satisfy your sweet tooth with a reduced-fat cookie. Angelic Gluten Free Double Chocolate Cookies, from £2.60

## BEST BUYS

# Baked with love

Enjoy a quick cookie or make your own treats at home with these gluten-free bakes

Almond-based mixes that are naturally gluten-free. Simple Mills Almond Flour Mix range, £4.75 each



An ideal lunchbox or picnic treat. Doves Farm Single Serve Gluten Free Cookies, £1.15 each



The perfect way to accompany a cup of tea! Schär Gluten Free Biscuit range, from £1.40



## MIX AND MATCH

CHOOSE DIFFERENT  
TOPPINGS FOR THE  
WHOLE FAMILY  
TO ENJOY

P88»

# *Comfort food*

Polished, hearty and best enjoyed after a long walk, our six pub puddings are guaranteed to make your mouth water

PUB PUDS



**YOU WILL NEED****BANANA CRÊPES**

- 4 bananas, peeled and chopped
- 220g (7½oz) linseed (flaxseed) meal
- 2 tbsp coconut nectar
- 2 tsp ground cinnamon
- 125ml (4fl oz) filtered alkaline water

**TO SERVE**

- 1 batch coconut whipped cream (see below)
- 1 banana, peeled and sliced
- 150g (5½oz) sliced strawberries
- 125g (4½oz) raspberries
- 1 batch chocolate fudge sauce (see below)

**FOR THE CHOCOLATE FUDGE SAUCE**  
Makes 250ml (9fl oz)

- 250ml (9fl oz) coconut nectar
- 4 tbsp raw cacao powder
- 1 tbsp carob powder
- ½ tsp vanilla powder

**FOR THE COCONUT WHIPPED CREAM**  
Makes about 200g (7oz)

- 80g (2¾oz) chopped young coconut flesh
- 125ml (4fl oz) coconut water
- 1 tsp vanilla powder
- Stevia, to taste (add very little at a time, as it is very strong)

KCAL	670	FAT	30g	SATURATES	8g	CARBS	90g
SUGAR	36g	FIBRE	34g	PROTEIN	36g	SALT	0.2g

\*PER SERVING

**CHEF'S TIP**

This ingredients in this recipe will stretch to more than four crêpes if you're canny, so you could always freeze any leftovers for later - if you can stop yourself from scoffing the lot that is!

# Banana crêpes with coconut whipped cream, chocolate fudge sauce & berries

As delicious as they look, these amazing crêpes make a great breakfast alternative - you just need to decide if you want savoury or sweet!

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 2½-6 hours



This recipe is taken from *The Naked Vegan* by Maz Valcorza (Murdoch Books, 14.99)

**HOW TO MAKE****TO MAKE THE CRÊPES**

**1** Place all the crêpe ingredients, except the water, in a high-speed blender, placing the bananas in the bottom of the jug for easy blending. Blend on high-speed until smooth, adding the water as needed to reach a smooth consistency.

**2** Spread the mixture on dehydrator trays lined with non-stick sheets. Use a butter knife to score into four equal squares. Dehydrate at 40°C/105°F for 4 hours. Flip the crêpes over and score the other side, then dehydrate for another 2 hours, or until set but still pliable. If you don't have a dehydrator, place the mixture on baking trays lined with non-stick sheets and leave in the oven on its lowest setting, with the door slightly ajar, for 1 hour. Flip and dehydrate for a further 30

minutes, or until the crêpes are set but still pliable.

**3** To serve, take four crêpes and place 2 heaped tablespoons of coconut whipped cream in the middle of each one, running diagonally from one corner to the other. Pop some sliced banana on top, and then fold the corners over to seal the crêpes.

**4** Top with another dollop of coconut whipped cream, the berries and a drizzle of the chocolate fudge sauce.

**TO MAKE COCONUT WHIPPED CREAM**

**1** Blend all the ingredients in a high-speed blender until smooth. Transfer to a clean glass jar. Seal the jar and leave to set in the fridge for 1 hour before serving.

**2** The cream will keep in the fridge for up to 3 days.

# Apple, maple and pecan fool

Packed with tangy Granny Smiths and a sprinkle of toasty pecans, this creamy dessert can be whipped up in a matter of minutes – perfect for when you’re craving something sweet after dinner!

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 10 minutes plus cooling **COOKING:** 5 minutes

## YOU WILL NEED

- 200g (7oz) good-quality apple sauce
- 1 Granny Smith apple, peeled and grated
- 200ml (7fl oz) double cream
- 250ml (8fl oz) ready-made fresh custard
- 3 tbsp maple syrup
- 25g (1oz) pecans, toasted and chopped

KCAL 380	FAT 26g	SATURATES 13g	CARBS 36g
SUGAR 20g	FIBRE 2g	PROTEIN 4g	SALT 0.3g

\*PER SERVING

## HOW TO MAKE

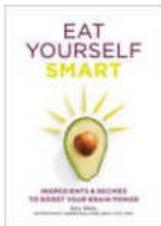
**1** Place the apple sauce and apple in a small saucepan and cook over a medium heat for 5 minutes to soften. Allow to cool.

**2** Whip the cream in a bowl with a hand-held electric whisk until soft peaks form, then stir in the custard. Swirl through the apple purée and maple syrup, then spoon into dishes. Top with toasted pecans before serving.

## CHEF'S TIP

It's well worth adding a jar or two of apple sauce to your weekly shopping list, as there's so much you can do with the simple store cupboard ingredient. Use it as a substitute for eggs when you're baking, in pancakes, energy bars and smoothies, or stirred into porridge with a sprinkle of cinnamon.

This recipe is taken from *Eat Yourself Smart* by Gill Paul (Octopus, £7.99)



**YOU WILL NEED**

## FOR THE CHEESECAKE

- 500g (17½oz) dates, pitted and soaked for 5 minutes in warm water
- 250ml (8½fl oz) coconut oil, melted
- 35g (1¼oz) coconut flour
- 30g (1oz) unsweetened desiccated coconut
- ¼ teaspoon salt
- 380g (13½oz) coconut concentrate (see below)
- 340ml (11½oz) whipped honey
- 250ml (8½oz) coconut oil, melted
- 400g (14oz) frozen raspberries
- 6 tbsp tapioca starch
- 1½ tsp vanilla extract
- ¼ tsp salt
- Thick, unsweetened coconut flakes, for garnish
- Fresh raspberries, for garnish

## FOR THE COCONUT CONCENTRATE - MAKES 375ML (13FL OZ)

- 260g (9oz) dried, fine shredded coconut (unsweetened)
- 1 tbsp coconut oil
- Sea salt to taste
- High-powered blender or food processor

KCAL 535	FAT 41g	SATURATES 35g	CARBS 47g
SUGAR 30g	FIBRE 11g	PROTEIN 4g	SALT 0.1g

\*PER SERVING

**HOW TO MAKE**

## FOR THE COCONUT CONCENTRATE

- 1 Place the coconut flakes, coconut oil and salt into the blender.
- 2 Process on high speed, while pushing down with a tamper (you may have to stop and do this manually if you are using a food processor). Process for about a minute at a time, taking breaks so as to not overheat the motor. After about 5 to 10 minutes, you should be left with a thick, creamy paste. Pour into a glass jar (it keeps well at room temperature for a few months).

## FOR THE CHEESECAKE

- 1 Preheat the oven to 170°C. To prepare the crust, strain the dates (discard the water) and place them in a food processor or high-



Photography by Kyle Johnson

## Raspberry coconut cheesecake

With a cookie-like crust and thick, creamy filling, not only is this Paleo-friendly cheesecake a bit of a showstopper, it's auto-immune diet friendly and sugar-free, too!

SKILL LEVEL:

SERVES 12 PREPARATION: 25 minutes (plus 24 hours setting time) COOKING: 35 minutes

powered blender with the melted coconut oil. Blend for 30 seconds, or until a chunky paste forms. If you are using a standard blender, you may have to stop and scrape the sides; the oil may not completely mix with the dates, but the crust will still turn out fine.

2 Combine the coconut flour, desiccated coconut and salt in a bowl. Add the date paste and mix thoroughly. Place the mixture in the bottom of a 20cm (7¾in) springform cake tin, pressing it down evenly. Use a small spatula to clean the top edge around the sides of the pan, where the filling will meet the crust. Bake for 30 to 35 minutes, until the crust browns and hardens a bit. The texture will still be soft until it finishes cooling. Set aside while you make the filling.

3 To make the filling, combine the coconut concentrate, honey, coconut oil and frozen raspberries in a saucepan on a low heat. Stir until the raspberries are no longer frozen and the mixture is warm, which should take about 5 minutes. Transfer to a blender and add the tapioca starch, vanilla and salt. Blend on high for about a minute, until completely mixed. Pour carefully on top of the crust.

4 Set in the refrigerator and leave, undisturbed, for at least 12 hours to allow the cake to cool and completely solidify. When it is ready, carefully remove the sides of the cake tin.

5 Decorate the top of the cake with the thick coconut flakes and a handful of fresh raspberries.



This recipe is taken from *The Autoimmune Paleo Cookbook* by Mickey Trescott (Murdoch Books, £29.50)

# Rhubarb, orange and ginger crumble with homemade vanilla custard

Rhubarb and custard is one of those pairings that everyone seems to love, and with rhubarb season in full swing there's even more of an excuse to whip up a classic crumble this month!

**SKILL LEVEL:** **SERVES 4** **PREPURATION:** 15 minutes **COOKING:** 30-40 minutes

## YOU WILL NEED

- 800g (28½oz) rhubarb stems, sliced across into 5cm (2in) lengths
- 4 tbsp light brown sugar
- 1 tsp ground ginger
- Zest and juice of 1 orange

## FOR THE CRUMBLE TOPPING

- 110g (3¾oz) rice flour or ground almonds
- 100g (3½oz) gluten-free rolled oats
- Pinch of salt
- 100g (3½oz) demerara sugar
- 110g (3¾oz) butter or dairy-free baking margarine, softened

## FOR THE CUSTARD

- 500ml (17fl oz) whole milk or dairy-free milk
- 1 tbsp caster sugar
- 1 vanilla pod, split lengthways
- 2 tsp cornflour
- 3 egg yolks

KCAL 774	FAT 47g	SATURATES 19g	CARBS 71g
SUGAR 42g	FIBRE 8g	PROTEIN 20g	SALT 0.2g

\*PER SERVING



This recipe is taken from *The Genius GF Cookbook* by Lucinda Bruce-Gardyne (Genius, £14.99)

## HOW TO MAKE

- 1 Preheat the oven to 200°C/400°F/Gas Mark 6.
- 2 Mix the rhubarb with the orange zest, light brown sugar and ground ginger. Tip into a 1 litre ovenproof serving dish at least 5cm (2in) deep. Pour over the orange juice.
- 3 To make the crumble, first mix the rice flour, oats, salt and demerara sugar in a bowl. Rub the butter into the dry ingredients with the tips of your fingers until the mixture looks like coarse breadcrumbs. Sprinkle the crumble over the rhubarb and bake in the oven for 30-40 minutes until the crumble topping is crisp and golden brown, and the rhubarb is soft and gently bubbling around the edge of the dish.
- 4 Meanwhile, make the custard. Place the milk, sugar and vanilla pod in a medium pan, slowly bring to a simmer. Remove from the heat and set aside for 30 minutes to allow the vanilla flavour to infuse the milk. Scrape the seeds from the vanilla pod into the milk, and discard the pod. Mix the cornflour with 2 tablespoons of the vanilla-infused milk until fully dispersed, then stir into the pan of vanilla-infused milk. Return the milk to a simmer, stirring continuously, over a gentle heat. Simmer for 3 minutes to slightly thicken the milk. Remove from the heat.
- 5 Beat the egg yolks in a mixing bowl, and stir the hot, thickened milk into the beaten yolks in a thin, steady stream. The sauce should thicken to coat the back of a spoon. If still a little thin, pour the custard back into the pan and gently simmer over a low heat, stirring continuously, until the sauce reaches the required consistency. Remove from the heat.
- 6 Once the crumble is baked, remove from the oven and cool for 10 minutes. Spoon into bowls and serve with the warm custard.

## CHEF'S TIP

For a plum version, replace the rhubarb with 900g plums, halved and stoned, and the ginger with 1 tsp ground cinnamon.

PUB PUDS



**YOU WILL NEED**

- 185ml (6fl oz) skimmed milk
- 1 tbsp lemon juice
- 1 tbsp yellow box honey
- 1 vanilla bean, split lengthways
- 100g (3½oz) buckwheat flour
- 35g (1¼oz) GF self-raising flour
- 2 tbsp rolled porridge oats
- 2 tbsp almond meal
- ½ tbsp baking powder
- 2 egg whites, at room temperature
- Olive oil spray
- 200g (7oz) mixed fresh berries
- 130g (4½oz) low-fat no-added-sugar vanilla yoghurt

KCAL	FAT	SATURATES	CARBS
213	4g	0.5g	31g
SUGAR	FIBRE	PROTEIN	SALT
12g	4.5g	10g	0.4g

\*PER SERVING



## Buckwheat pancakes with berries

A tall stack of fluffy buckwheat pancakes drizzled with honey is a winning way to round off a meal – serve with natural yoghurt or ice cream, for an extra dose of deliciousness

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 15 minutes **COOKING:** 10 minutes

**HOW TO MAKE**

**1** Pour the milk into a glass bowl and stir in the lemon juice. Set aside for 10 minutes or until the mixture looks curdled. Add half the honey and the vanilla seeds, and stir until the honey has completely dissolved.

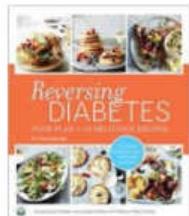
**2** Combine the buckwheat and GF self-raising flours, oats, almond meal and baking powder in a bowl and make a well in the centre.

**3** Use an electric mixer with a

whisk attachment to whisk the egg whites in a small bowl until stiff peaks form. Pour the milk mixture into the dry ingredients and mix until just combined. Using a large metal spoon, gently fold in the egg whites.

**4** Spray a large non-stick frying pan with olive oil and place over a medium heat. Using 60ml (2fl oz) of the batter for each pancake, cook in batches for 2 minutes on each side or until golden, making eight pancakes in total.

**5** Serve the pancakes topped with the remaining honey and berries, with the yoghurt on the side.

**CHEF'S TIP**

Add a different flavour to the batter by mixing ¼ teaspoon of ground cinnamon and 1 grated apple, or folding in 40g (1½oz) of blueberries. Vary the topping by crushing frozen raspberries through reduced-fat smooth ricotta cheese.

This recipe is taken from *Reversing Diabetes* by Dr Alan Barclay (Murdoch Books, £14.99)

# Coconut and raspberry mousse

Been so busy planning dinner that you've forgotten about dessert? No problem - you can whip up this tasty mousse in five minutes and leave it to set while you make the main course!

**SKILL LEVEL:** **SERVES 6 PREPARATION:** 5 minutes plus setting time

## YOU WILL NEED

- 100g (3½oz) coconut cream
- 1 avocado
- 1 vanilla pod
- 3 tbsp almond butter
- 450g (15¾oz) raspberries, plus more to serve
- 2 tbsp honey, plus more to serve

KCALs	FAT	SATURATES	CARBS
220	16g	6g	20g
SUGAR	FIBRE	PROTEIN	SALT
9g	8g	3g	0g

\*PER SERVING

## HOW TO MAKE

- 1 Chop the block of coconut cream into quarters. Scoop the avocado flesh away from the skin and discard the stone. Scrape the vanilla seeds out of the vanilla pod.
- 2 Place all the ingredients into a food processor and blend until a smooth, rich mousse forms.
- 3 Spoon the mousse into 6 glasses

and place in the fridge for 1 hour to set. Serve with more raspberries and a drizzle of honey, if you like.

## CHEF'S TIP

Make a chocolatey version of this mousse by adding about 100g (3½oz) of good quality cocoa powder. You may have to add a little more honey - just adjust to taste.



Recipe taken from  
*Deliciously Ella Every Day* by Ella Woodward (Yellow Kite, £20)



TEXT  
ELGF15SNACK

## Snack time made easy

Are you constantly on the lookout for healthy snacks that you and the rest of the family can enjoy? Luckily, the search is over! Wellaby's have a whole host of scrumptious treats that won't ruin your healthy eating plan. With large sharing packs for those cosy nights in, as well as small handy packs for on the go, Wellaby's are there for you whenever those cravings start. The 10 lucky winners of this giveaway will each receive eight large sharing bags and 10 snack-size packs, with a total value of £20. Wellaby's is available in Morrisons, large Sainsbury's stores and even on Amazon. Visit [wellabys.com](http://wellabys.com) to check out the entire range. **The keyword for this giveaway is ELGF15SNACK.**

# Grab a giveaway!

Enter today and you could win one of these delicious prizes!

## To enter

### TEXT

To enter by text enter the keyword for the giveaway you're entering to **87474\*** followed by your name, address and email

### ONLINE

To enter online, log on to [eatingandlivingwell.com/competitions](http://eatingandlivingwell.com/competitions)

### WRITE

To enter by post, write your name, address and chosen giveaway on a postcard and send to:  
**Eating & Living Gluten Free magazine,  
2nd Floor Tower House, Fairfax Street,  
Bristol BS1 3BN.**

\*Texts are charged at 50p plus your standard network tariff rate



TEXT  
ELGF15LAGER

## Say cheers!

CELIA is the first beer in the world to be free from gluten and naturally carbonated. Their craft Czech lagers are brewed and fermented, then the gluten is extracted to create a light and tasty tipple without the worry of gluten. Three lucky readers will each win a crate of 24 lagers - 12 CELIA ORGANIC bottles with a floral aroma and 12 CELIA DARK lagers with a richer, nutty taste - worth £60 each! As well as handy bottles, CELIA is now available on draught in select locations. Head to [celialager.co.uk](http://celialager.co.uk) for more info. **The keyword for this giveaway is ELGF15LAGER.**

## Cute kitchen containers

Make food storage fun with these pretty melamine stacking bowls with lids - the pastel colours will look gorgeous in a retro or country kitchen, and just think of the amount of gluten-free goodies you can keep fresh in them! These bowls are also ideal for keeping GF and non-GF food separate on picnics, and the non-slip bottoms make them great as mixing bowls, too. The largest bowl measures 22cm in diameter and the smallest is 11cm. The lovely folks at Dotcomgiftshop have given us six sets of all four bowls, worth £29.95 each, to give away - so that's six lucky winners. Will you be one of them? Take a look at [dotcomgiftshop.com](http://dotcomgiftshop.com) for the whole baking range. **The keyword for this giveaway is ELGF15PASTEL.**

TEXT  
ELGF15PASTEL



## Soup of the day? A tasty freebie!

Fancy winning the entire range of GLORIOUS! gluten-free soups? Well, 10 readers will get their hands on exactly that! Vouchers worth over £15 will be delivered straight to your door for you to claim your free soups at your local supermarket\*\*. GLORIOUS! have been able to capture a variety of authentic recipes from around the world and pack them into handy little soup pots, full of delicious and nutritious ingredients. From Mumbai to Singapore, there's a gluten-free adventure waiting for you. Visit [gloriousfoods.co.uk](http://gloriousfoods.co.uk) to check out the yummy flavours. The keyword for this giveaway is **ELGF15SOUP**.

Over  
£1000  
worth of prizes  
to be won!



TEXT  
**ELGF15SOUP**

## Time for a chocolate fix

Got a cheeky sweet tooth? Cue Sweet Freedom Choc Shot! It's a delicious, 100% natural liquid chocolate shot - sweetened only with fruit! It's gluten-free, vegan, GMO free and it still tastes amazing. Each of our 26 winners will receive the original Choc Shot, Choc Shot Orange Spice and Choc Shot Coconut, totalling £7.50. You can make rich hot chocolate by simply stirring into hot milk. It's also perfect for drizzling! Top off pancakes, yoghurt, ice cream and fruit for a boost of flavour. As well as being addictively tasty, it only has 14 calories per teaspoon. Choc Shot is now available at all major UK supermarkets and Holland & Barrett. Head to [sweetfreedom.co.uk](http://sweetfreedom.co.uk) to learn more.

The keyword for this giveaway is **ELGF15CHOC**.



TEXT  
**ELGF15CHOC**



## Juice, juice baby!

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Linea Juxtapose kitchen linen range, House of Fraser, from £5.60

92 EATING & LIVING GLUTEN FREE

# *Light bites*

Six amazing ideas to suit the days when you're in the mood for a smaller meal – or fancy a nibble with a glass of wine!

## **NOT SO NAUGHTY!**

MAKE A MUSHROOM CALAMARI THAT'S FULL OF CRUNCH NOT CALORIES

**P94»**

**YOU WILL NEED****MUSHROOM CALAMARI**

- 10 king oyster mushrooms or oyster mushrooms (or a mix of both)
- 2 tbsp cold-pressed extra virgin olive oil
- ½ tsp black salt
- 1 tsp dulse flakes
- 2 tsp lemon juice

**FOR THE BREADING**

- 80g (2¾oz) golden linseed (flaxseed) meal
- 1 tsp garlic granules
- 1 tsp onion granules
- 2 tsp dried parsley flakes
- 2 tsp dried thyme
- 2 tsp chopped rosemary
- ½ tsp black salt
- Pinch of chilli powder

**TO SERVE**

- Tartare sauce (see below)
- 3 tbsp sliced dill pickles

**FOR THE TARTARE SAUCE - MAKES**

250ML (9FL OZ)

- 155g (5½oz) activated cashew nuts, soaked in filtered alkaline water for 1 hour, then drained
- 125ml (4fl oz) filtered alkaline water
- 1 tbsp apple cider vinegar
- 2 tsp lemon juice
- ½ tsp garlic powder
- ½ tsp Himalayan pink salt or Celtic sea salt
- 90g (3¼oz) dill pickles, finely chopped, plus 1 tbsp of the pickle brine
- 2 tbsp chopped dill

KCAL	FAT	SATURATES	CARBS
190	9.25g	1.6g	18.5g
SUGAR	FIBRE	PROTEIN	SALT
3.5g	5g	7.5g	0.1g

\*PER SERVING

**CHEF'S TIP**

The mushroom calamari keeps in an airtight container in the fridge for 3 days, but is best served warm as it loses its crispiness in the fridge. This can be remedied by popping it in the oven or dehydrator for 15 minutes before serving.



Photography by Rob Palmer

## Mushroom calamari with tartare sauce and pickles

Want all the taste of deep-fried calamari but without the calories? This mushroom dish has that delicious crispness of the real thing – better still, it's actually good for you!

SKILL LEVEL:



SERVES

8 as appetisers

PREPARATION: 1.5 hours

**HOW TO MAKE**

**1** If using king oyster mushrooms, slice them into circles 1cm (½in) thick. Use an apple corer or small cookie cutter to cut out the hole in the centre. If using oyster mushrooms, slice them into strips.

**2** Pop the mushrooms into a mixing bowl, along with the olive oil, salt, dulse flakes and lemon juice. Mix well, then leave to marinate for 20 minutes.

**3** In a separate bowl, combine all the breading ingredients. Coat the mushrooms with the breading and place on a mesh dehydrator tray. Dehydrate at 40°C (105°F) for 5 hours, or until the outside is crispy.

If you don't have a dehydrator, place the breaded mushrooms on a baking tray and leave in the oven on its lowest setting, with the door slightly ajar, for 30 minutes.

**4** Serve with little bowls of the tartare sauce and sliced pickles.

**TARTARE SAUCE**

**1** Blend all the ingredients, except the pickles, spring onion and dill, in a high-speed blender until you get a smooth mixture.

**2** Pour the mixture into a clean glass jar and stir in the remaining ingredients. Seal the jar and store in the fridge. The sauce will keep in the fridge for 5 days.



This recipe is taken from *The Naked Vegan* by Maz Valcorza (Murdoch Books, 14.99)

**YOU WILL NEED**

- 500ml (17fl oz) water at about 40°C/105°F
- 10g (½oz) psyllium husks
- 1 tsp unrefined sea salt
- 125g (4½oz) cornmeal or polenta
- 125g (4½oz) rice flour
- 75g (2½oz) quinoa flour
- 25g (¾oz) chickpea flour (gram flour)
- 1 tbsp pumpkin seeds
- 1 tbsp flax seeds
- 1 tbsp sunflower seeds
- 1 tbsp sesame seeds
- Olive oil or 1 egg, beaten, for brushing
- 4 organic, gluten-free sausages
- Ketchup or tomato concentrate
- Black sesame seeds

KCAL 139	FAT 4g	SATURATES 1g	CARBS 22g
SUGAR 1g	FIBRE 2g	PROTEIN 4g	SALT 0.5g

\*PER SERVING



## Rustic sesame-topped sausage rolls

A party just wouldn't be a party without a pile of lightly browned sausage rolls! This gluten-free version of these popular snacks also makes delicious lunchbox treats for kids

**SKILL LEVEL:** **MAKES 12** **PREPARATION:** 30 minutes **COOKING:** 25 minutes

**HOW TO MAKE**

**1** Stir the psyllium husks into the water and set aside for 15 minutes, then mix for 2 minutes using a hand mixer. Add the remaining ingredients and mix well until you have a dough with the consistency of thick porridge.

**2** Take a bit of dough - about 75g (2¼oz) - and spread it on a piece of baking parchment brushed

with olive oil. Spread a spoonful of ketchup or tomato concentrate onto the dough and place one third of a sausage on top. Roll up the sausage in the dough and place the sausage roll with the seam facing downwards on a baking sheet. Repeat with the rest of the dough and sausage pieces. Brush the rolls with olive oil or beaten egg and sprinkle with black sesame seeds.

**3** Bake the rolls for 25 minutes at 180°C/350°F/Gas Mark 5 or 170°C/325°F/Gas Mark 4 if you're using the fan function.

**CHEF'S TIP**

For a grown-up twist that turns these pastry treats into cocktail party canapés, use homemade caramelised onion chutney instead of tomato ketchup.



This recipe is taken from *Gluten Free Secrets* by Anette Harbech Olesen (Sophia Health, £9.99)

**YOU WILL NEED**

- Bones from 1 salmon carcass, including head and tail
- 1 litre (34fl oz) water
- 1 bay leaf
- 2 tbsp solid cooking fat
- 1 large onion, chopped
- 4 cloves garlic, minced
- 4 parsnips, chopped
- 3 carrots, chopped
- 2 celery stalks, chopped
- 1 tbsp apple cider vinegar
- 1 tbsp chopped fresh thyme
- 1½ tsp sea salt
- 680g (24oz) salmon fillet, skinned and deboned, cut into 4cm (1½in) chunks
- 250ml (8¾oz) creamy coconut milk (see below)
- ½ lemon, juiced (about 1 tbsp)
- 3 spring onions, thinly sliced

**FOR THE COCONUT MILK**

- 65g (2¼oz) fine shredded coconut (unsweetened)
- 500ml (17½oz) boiling filtered water
- Sea salt, to taste
- Blender
- Muslin

KCAL 663	FAT 42g	SATURATES 23g	CARBS 36g
SUGAR 11g	FIBRE 9g	PROTEIN 37g	SALT 3g

\*PER SERVING



Photography Kyle Johnson

## Salmon chowder

Comfortingly creamy and rich as well as sociably quick to make, this restaurant-worthy dish will have dinner party guests hailing you the host with the most!

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 15 minutes **COOKING:** 15 minutes

**HOW TO MAKE****FOR THE COCONUT MILK**

**1** Place the shredded coconut and boiling water in your blender and blend on high speed for a few minutes, taking breaks for the motor if needed.

**2** Let cool for at least 15 minutes – until it can be safely handled. Taste and season as necessary, then strain the liquid through a fine muslin into a glass jar.

**FOR THE CHOWDER**

**1** To make the broth, place the salmon carcass, water and bay leaf into a stockpot and bring to a boil. Once it has reached a boil, cover and turn down to a bare simmer for 45 minutes. It is essential to cook this at the lowest simmer possible.

**2** Remove and discard the carcass and bay leaf. Strain the broth through a fine sieve into a large bowl and set it aside.

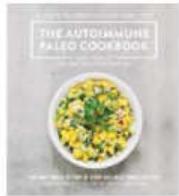
**3** Heat the cooking fat in a heavy-bottomed pot on a medium heat. When the fat has melted and the pan is hot, add the onion and cook for 5 minutes, stirring. Add the garlic and cook for another couple of minutes, until fragrant. Add the parsnips, carrots and celery; cook for another 5 minutes, stirring, until the vegetables are lightly browned.

**4** Add the reserved fish broth, vinegar, thyme and salt to the pot and bring to a boil. Cover and turn down to a bare simmer, and cook for 30 minutes or until the vegetables are tender.

**5** Place 500ml of the soup in a blender, leaving the carrots behind, if possible, so as not to turn the soup orange. Blend until smooth, then add the puree back to the soup.

**6** Add the salmon chunks and coconut milk to the soup and cook for a few minutes, just until the soup is piping hot (but do not let the soup boil).

**7** Add the lemon juice and serve garnished with spring onions.



This recipe is taken from *The Autoimmune Paleo Cookbook* by Mickey Trescott (Murdoch Books, £29.50)

**CHEF'S TIP**

The coconut milk will keep for a few days stored in the refrigerator. The cream will separate from the liquid, so you'll need to shake or heat it gently before using.

# Carrot crisps with honey yoghurt dip

These sweet and salty snacks are the perfect movie night snack – you might need to double up on the recipe though, as they're incredibly moreish!

**SKILL LEVEL:**  **SERVES 4 PREPARATION:** 10 minutes **COOKING:** 10 minutes plus cooling

## HOW TO MAKE

**1** Scrub the carrots then cut them into long thin strips using a vegetable peeler or a sharp knife. The thickness doesn't matter, as long as they are all similar.

**2** Mix the cinnamon, ginger, nutmeg, salt, pepper and olive oil together in a large mixing bowl.

## CHEF'S TIP

If you follow a dairy-free diet, use coconut or soya yoghurt for the dip, and if you're vegan you can swirl a little maple syrup through instead of honey.

**3** Add the carrot strips to the bowl and toss with your hands to coat evenly. Spread the strips out in a single layer on several baking sheets and place in a preheated oven at 220°C/428°F/Gas Mark 4, for about 10 minutes or until they're beginning to crisp. Set aside to cool.

**4** Meanwhile, mix the yogurt and honey in a small bowl and drizzle over a swirl of olive oil. Serve with the crispy carrots.

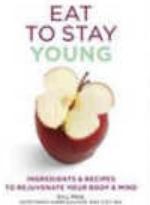
## YOU WILL NEED

- 4 large carrots
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp grated nutmeg
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp olive oil, plus extra to serve
- 150ml (5fl oz) live Greek yogurt
- 1 tbsp honey

KCAL	FAT	SATURATES	CARBS
102	5g	1g	14g
10g	2g	2g	0.2g

\*PER SERVING

This recipe is taken from *Eat to Stay Young* by Gill Paul (Octopus, £7.99)





Photography by Julie Renouf

**YOU WILL NEED**

- 1½ tbsp olive oil
- 1½ tbsp lemon juice
- 1 garlic clove, crushed
- 1 tsp dried mint
- 400g (14oz) lamb leg steaks, cut into 1.5cm (½in) dice
- 150g (5½oz) halloumi, cut into 1.5cm (½in) dice
- 2 tsp balsamic vinegar
- 1 tsp Dijon mustard
- 400g (14oz) can brown lentils, rinsed
- 2 celery stalks, diced
- ½ red onion, finely chopped
- 250g (9oz) swiss chard, centre vein removed, chopped
- 200g (7oz) red and yellow grape tomatoes, halved
- Lemon wedges, to serve

KCAL	FAT	SATURATES	CARBS
476	22g	10g	32g
SUGAR	FIBRE	PROTEIN	SALT
6g	11g	40g	1.8g

\*PER SERVING

## Lamb and halloumi skewers

Salty, golden brown halloumi, succulent lamb and vitamin-rich chard work wonder-fully together in this delicious Cypriot-inspired dish

SKILL LEVEL:



SERVES 4

PREPARATION: 5 mins COOKING: 25 mins (plus 30 mins marinating)

**HOW TO MAKE**

**1** Combine 1 tablespoon of the olive oil, 1 tablespoon of lemon juice, the garlic and the mint in a shallow non-metallic dish. Add the lamb and turn to coat well. Leave to marinate in the fridge for at least 30 minutes.

**2** Thread the lamb and halloumi alternately onto eight skewers. Cook the skewers in a large chargrill pan or a non-stick frying pan over medium-high heat for around 4-5 minutes or until cooked to your liking. Transfer to a plate, cover loosely with foil and leave for 2-3 minutes.

**3** Whisk the remaining olive oil, remaining lemon juice, vinegar and

mustard together in a large bowl. Add the lentils, celery and onion and toss gently. Set to one side for 5 minutes to allow the flavours to develop. Stir in the silverbeet and tomatoes and season with sea salt and black pepper.

**4** Serve the skewers on top of the salad with a wedge of lemon.



This recipe is taken from *Real Delicious* by Chrissy Freer (Murdoch Books, £14.99)

**CHEF'S TIP**

Halloumi is very salty, so look out for a salt-reduced variety, especially if making this for kids. If you're using wooden skewers, soak them in cold water for 20 mins before use to prevent them burning.

# Broad bean and ricotta dip with crudités

Broad beans are easy to grow, they're bursting with dietary fibre and folate and are super-tasty to boot! They are also a good source of low-fat protein, making this quick to knock-up dish a fantastic post-gym snack

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 20 minutes **COOKING:** 5 minutes

## YOU WILL NEED

- 500g (1lb 2oz) frozen broad beans, thawed
- 250g (9oz) extra light (1% fat) smooth ricotta cheese
- 2 spring onions (scallions), chopped
- 1 small handful mint leaves, plus extra sprigs to serve
- 2 tsp grated lemon zest
- 2 tbsp lemon juice
- 150g (5½oz) baby carrots
- 100g (3½oz) radishes, trimmed
- 2 celery stalks, sliced on the diagonal
- 1 red capsicum (pepper), cut into thin wedges
- 1 Lebanese (short) cucumber, cut into thin wedges

KCAL 225	FAT 9g	SATURATES 5g	CARBS 23g
SUGAR 5g	FIBRE 7g	PROTEIN 14g	SALT 0.4g

\*PER SERVING

## HOW TO MAKE

**1** Add the broad beans to a saucepan of boiling water and cook for 5 minutes. Drain and refresh under cold running water, then slip off the skins.

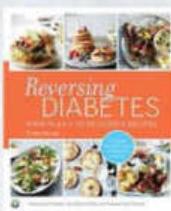
**2** Put the broad beans, ricotta, spring onions, mint leaves, lemon zest and lemon juice in the bowl of a food processor and puree until smooth. Season with freshly ground black pepper.

**3** Serve the dip in a bowl topped with mint sprigs, with the vegetables on the side for dipping.

## CHEF'S TIP

You can substitute broad beans with other tinned varieties of beans, such as cannellini beans or chickpeas. If you like a little heat, add a chopped fresh chilli or some chilli flakes when pureeing the dip.

This recipe is taken from *Reversing Diabetes* by Dr Alan Barclay (Murdoch Books, £14.99)





Photography by Clare Winfield

**YOU WILL NEED****FOR THE PESTO**

- 1 garlic clove
- 50g (1½oz) pine nuts
- Big handful of fresh basil leaves (25g)
- 3 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper

**FOR THE SALAD**

- 400g (14oz) can of butter beans, drained and rinsed
- 100g (3½oz) spinach
- Olive oil
- Juice of 1 lemon
- Handful of pumpkin seeds
- Sprinkling of pomegranate seeds

KCAL	FAT	SATURATES	CARBS
723	96g	12g	109g
SUGAR	FIBRE	PROTEIN	SALT
7g	24g	46g	0.4g

\*PER BOWL

## Warming pesto butterbeans

This incredibly simple and addictive dish may well become a lifesaver when you're in a hurry – soft, buttery beans and homemade pesto is a match made in heaven!

SKILL LEVEL:



SERVES 1 PREPARATION: 7 minutes COOKING: 3 minutes

**HOW TO MAKE**

- 1 Start by making the pesto – simply peel the garlic and then put all the ingredients into a food processor and blend until smooth. Set aside.
- 2 Place the beans in a frying pan with the spinach and pesto and sauté everything in a splash of olive oil for 2-3 minutes until the spinach has wilted and everything is warmed through.
- 3 While the beans are cooking, squeeze the lemon for the salad

over the beans and add more black pepper.

4 Place the pesto beans and spinach into a bowl and sprinkle the pumpkin and pomegranate seeds over the top.



This recipe is taken from *Deliciously Ella Every Day* by Ella Woodward (Yellow Kite, £20)

**CHEF'S TIP**

In hot weather, you can swap the wilted spinach for fresh rocket leaves and serve this dish as a cold salad.

TEATIME  
TREAT!

TRY THIS SCRUMMY  
DAIRY-FREE, GLUTEN-  
FREE CAKE ON  
**P109 »**



# Top of the blogs

From Nutella sandwiches to cauli-couscous, here's our pick  
of the tastiest recipes from the world's best bloggers

# Nutella & raspberry jam ice cream sandwiches

This recipe transforms everyone's favourite spread into a chocoholic's dream. The hand-held bites are perfect as a snack, or for entertaining sweet-toothed friends if you can bear to share!

**SKILL LEVEL:** **SERVES 10** **PREPARATION:** 40 minutes plus soaking and freezing time **COOKING:** 10 minutes

## YOU WILL NEED

### FOR THE RASPBERRY JAM

- 90g (3oz) raspberries
- 2 tbsp chia seeds

### FOR THE SANDWICHES

- 180g (6½oz) mixture of hazelnuts, buckwheat and coconut
- 160g (5½oz) dates, soaked in water overnight
- 30g (1oz) cacao powder

### FOR THE NUTELLA & VANILLA ICE CREAM

- 190g (6¾oz) cashews, soaked in water overnight
- 370g (13oz) banana
- 300ml (10fl oz) coconut cream
- 60g (2oz) hazelnut chocolate butter
- 2 tbsp cacao powder
- 2 tbsp coconut butter or oil

KCAL 546	FAT 12g	SATURATES 4g	CARBS 85g
SUGAR 20g	FIBRE 29g	PROTEIN 32g	SALT 4g

\*PER SERVING

## HOW TO MAKE

**1** The night before, soak the dates (for the sandwiches) and the cashews (for the ice cream) in enough water to cover.

**2** Line a desired container with baking paper.

**3** To make the raspberry jam: In a small saucepan over medium heat, gently warm up the raspberries and chia seeds and squash the raspberries with a fork. Simmer until it forms a thick jam. Set aside.

**4** To make the sandwiches: First, drain the dates. In a food processor, process all of the sandwich ingredients until they are crumbly but can be pressed between two fingers. Halve the mixture and firmly press one half into the bottom of your container dish to make a base. Set aside.

**5** For the ice cream base: First, drain and rinse the cashews. In a food processor, process the cashews, coconut cream and banana until smooth and creamy. Remove half of the mixture from the food processor and set aside.

**6** To make the vanilla ice cream, add coconut butter/oil into the cashew mixture in the food processor and blitz until combined. Remove and set aside.



**7** To make the nutella ice cream: Add the plain second half of the ice cream base to the food processor and add the hazelnut chocolate butter and cacao. Whizz until very combined.

**8** To assemble: Spread the raspberry jam onto the sandwich base. Add alternating spoonfuls of the vanilla and Nutella ice cream until used up. Gently dip a skewer or knife in the mixture and draw an 'S' shape to create a swirl effect.

**9** Roll out the remaining raw sandwich mixture into the shape of the container that you are using, place the mixture onto the ice cream layer and press lightly to get rid of any bubbles and gaps.

**10** Set the slice in the freezer for at least 4 hours. When all layers of the slice are firm, slice and serve.

This recipe is by Anthea Cheng from [www.rainbownourishments.com](http://www.rainbownourishments.com)

## CHEF'S TIP

Before you cut the sandwich, run your knife under hot water - this will make it much easier to cut through the ice cream.



# Cauliflower couscous

Creamy goat's cheese, crunchy pistachios and sweet pomegranate elevate the gluten-free side dish that everyone's talking about to real show-stopper status!

**SKILL LEVEL:** **SERVES 4** (or 6-8 as side) **PREPARATION:** 15 minutes

## YOU WILL NEED

- 1 large cauliflower (about 750g after trimming)
- 3 tbsp extra virgin olive oil
- ½ tsp ground turmeric
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- Grated zest of 1 lemon
- Juice of ½ lemon
- 15 mint leaves, roughly chopped
- 60g (2oz) pistachios, toasted and roughly chopped
- 4 spring onions, chopped
- 100g (3½oz) goats' cheese, crumbled
- 1 x 400g (14oz) can chickpeas, drained and rinsed
- ½ pomegranate, seeds removed (optional)
- Juice of 1 lime
- Salt and pepper

KCAL 1966	FAT 109g	SATURATES 31g	CARBS 184g
SUGAR 49g	FIBRE 61g	PROTEIN 88g	SALT 2g

\*PER WHOLE DISH

## HOW TO MAKE

**1** Core the cauliflower and cut into medium florets. Blitz the florets in a food processor until they resemble couscous. Do it in two batches if the food processor is more than three-quarters full and be careful not to over-blend, otherwise the cauliflower will become puréed.

**2** Add 2 tablespoons of olive oil and fluff up with a fork, then season with the salt, pepper, turmeric, cinnamon and nutmeg. Add all the remaining ingredients except the lime juice and toss together. Add additional olive oil, and add more salt and pepper if necessary. Pour the lime juice over the top and serve.



**YOU WILL NEED**

- 1 tbsp sea salt
- 1.3kg (45¾oz) clams
- 375ml (12¾fl oz) filtered water
- 4 rashers sugar-free bacon
- 1 small onion, chopped
- 2 carrots, chopped
- 5 cloves garlic, minced
- 1 tbsp fresh thyme
- 1 bay leaf
- 900g (31¾oz) celeriac, peeled and cut into small cubes
- 250ml (8½fl oz) creamy coconut milk
- 3 spring onions, sliced thinly, for garnish

## FOR THE CREAMY COCONUT MILK -

MAKES 375ML OR 12¾FL OZ

- 65g (2¾oz) fine shredded coconut (unsweetened)
- 500ml (17fl oz) boiling filtered water
- Sea salt, to taste
- Blender
- Muslin

KCAL 510	FAT 18g	SATURATES 10g	CARBS 39g
SUGAR 7g	FIBRE 8g	PROTEIN 48g	SALT 3g

\*PER SERVING



Photography by Kyle Johnson

## Clam chowder

Seafood chowder usually contains cream, but in this no dairy version homemade coconut milk is used instead – serve with crusty GF bread to soak up every last bit!

**SKILL LEVEL:** **SERVES 4** **PREPARATION:** 30 mins (plus 30 mins for coconut milk) **COOKING:** 30 mins

**HOW TO MAKE**

## CREAMY COCONUT MILK

**1** Place the shredded coconut and boiling water into a blender and blend on high speed for a few minutes, taking breaks for the motor if needed.

**2** Let cool for at least 15 minutes or until it can be safely handled. Taste and season, if necessary, then strain through a fine muslin into a glass jar. The coconut milk will keep for a few days stored in the refrigerator. The cream will separate from the liquid, so shake or heat it gently before using.

## CHOWDER

**1** Add the salt to a bowl of cool water and stir to completely dissolve. Add the clams and allow them to soak for 20 minutes.

**2** Clean the clam shells thoroughly with a wire brush or a stiff vegetable brush, discarding any that are broken.

**3** Bring the filtered water to a boil in a large pot. Add the clams, cover and reduce the heat to a simmer. After about 4 minutes the clams should start opening; once they do, pull them out one-by-one. Continue doing this until all the clams have cooked, about another 4 minutes. If there are any that haven't opened at this point, throw them away. Set the clams aside to cool, then strain the clam broth, reserving 375ml for the soup.

**4** In a heavy-bottomed pot, cook the bacon rashers until they are crispy, turning as needed. Remove them from the pot, leaving the

fat. Add the onion and cook for 5 minutes, then add the carrots, garlic, thyme and bay leaf and cook, stirring, for 5 more minutes. Add the reserved clam broth and the celeriac, bring to a boil, then cover and simmer for 5 to 10 minutes, or until the celeriac is soft.

**5** Remove the clams from their shells and chop the bacon into bits. Set aside.

**6** When the celeriac has finished cooking, turn off the heat, remove the bay leaf and transfer half of the mixture to a blender. Blend until very smooth, then add the puree back to the pot.

**7** Stir in the coconut milk, clams and bacon bits. Garnish with chopped spring onions.



This recipe is taken from *The Autoimmune Paleo Cookbook* by Mickey Trescott (Murdoch Books, £29.50)



# Middle Eastern-inspired salad

This leaf-free salad is a perfectly portable plant-based lunch, with creamy tahini, fresh coriander and sweet pomegranate jewels creating an amazing array of flavours and colours

**SKILL LEVEL:**  **SERVES 6** **PREPARATION:** 10 minutes **COOKING:** 50 minutes

## YOU WILL NEED

### FOR THE SALAD

- 1 cauliflower
- 2 aubergines
- 2 tsp tamari
- Olive oil
- Salt and pepper
- 100g (3½oz) green lentils
- 20g (¾oz) fresh coriander leaves, finely chopped
- 200g (7oz) pomegranate seeds

### FOR THE DRESSING

- 3 tbsp olive oil
- 1 tbsp apple cider vinegar
- 2 tbsp tahini
- 2 garlic cloves, crushed

KCAL 546	FAT 12g	SATURATES 4g	CARBS 85g
SUGAR 20g	FIBRE 29g	PROTEIN 32g	SALT 4g

\*PER SERVING



This recipe is taken from *Deliciously Ella Every Day* by Ella Woodward (Yellow Kite, £20)

## HOW TO MAKE

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Chop the cauliflower and aubergines into bite-sized pieces and place them on a large baking tray with half the tamari, some olive oil, salt and pepper. Bake for 30 minutes.
- 3 Next, place the lentils into a saucepan with the remaining tamari and 500ml (17fl oz) of boiling water. Place the lid on the pan and bring the lentils to the boil again, then reduce the heat to a simmer and cook for about 20 minutes, until all the water has been absorbed.
- 4 Meanwhile, mix together all the ingredients for the dressing and let them sit for a while so the flavours can infuse.
- 5 Allow the cauliflower, aubergines and lentils to cool down for a few minutes, then combine them all in a salad bowl with the dressing, mixing gently.
- 6 Sprinkle with the coriander and pomegranate and mix so everything is lightly coated in the dressing, then serve.

## CHEF'S TIP

Use a large baking tray to roast the cauliflower and aubergines, so they can be spread out. If they all sit on top of each other they'll become a little soggy.

**YOU WILL NEED**

- 3 tbsp tamarind paste
- 1 tbsp light brown sugar
- 2 tbsp light soy sauce
- 80g (2½oz) flat rice noodles
- 400g (14oz/2 bunches) broccolini
- 1 tsp rice bran oil (or olive oil), plus 2 tbsp extra
- 250g (9oz) mushrooms, sliced
- 2 French shallots, thinly sliced
- 2 eggs
- 100g (3½oz) firm tofu, diced
- 2 tbsp peanuts, chopped
- 3 handfuls coriander, leaves picked, stems finely chopped
- 85g (3oz) bean sprouts
- 3 spring onions, thinly sliced on an angle
- 1 lime or lemon, cut into cheeks, to serve

KCAL 1150	FAT 41g	SATURATES 8g	CARBS 372g
SUGAR 32g	FIBRE 24g	PROTEIN 62g	SALT 6g

\*PER WHOLE DISH

## Mushroom & broccolini pad Thai

This classic Thai dish is light, fresh and packs a serious punch in the flavour stakes, with plenty of vegetables, colours and textures to keep things interesting

SKILL LEVEL:

SERVES 4 PREPARATION: 10 minutes COOKING: 10 minutes

**HOW TO MAKE**

- 1 Thoroughly mix the tamarind paste, sugar and soy sauce together in a small bowl.
- 2 Cook the noodles in a saucepan of boiling water for the last minute of cooking. Drain and toss in the 1 teaspoon of rice bran oil to prevent the noodles from sticking together.
- 3 Heat the remaining oil in a large non-stick saucepan or a wok over a high heat. Add the mushrooms and fry for around 2-3 minutes until browned, then remove from the pan and set aside. Add the shallots to the pan and cook for around 1-2 minutes until lightly golden, then crack in

the eggs and mix it around with a wooden spoon for 1-2 minutes until the egg is almost cooked. Add the diced tofu, the peanuts and the coriander stems and stir for around 30 seconds or until fragrant. Return the mushrooms to the pan, add the noodles, broccolini and the tamarind dressing, then move the noodles around with the tongs until the liquid has been absorbed. Add half the bean sprouts and spring onion, mix in quickly, then remove from the heat.

- 4 Divide the pad Thai evenly among four bowls and serve with the remaining bean sprouts and spring onion, lime or lemon cheeks and the coriander leaves.



This recipe is taken from *Quick Easy Healthy* by Callum Hann and Themis Chryssidis (Murdoch Books, £20)

TOP OF THE BLOGS



#### YOU WILL NEED

- 45g (1½oz) buckwheat flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- 4 eggs
- 140g (5oz) caster sugar
- 200g (7oz) hazelnut meal
- 80ml (2½fl oz) macadamia oil
- Finely grated zest of 1 lemon
- 120g (4½oz) raspberries, plus extra to serve
- Chopped toasted hazelnuts, to serve
- Greek-style or thick coconut yoghurt, to serve

KCALs	FAT	SATURATES	CARBS
443	40g	5g	19g
SUGAR	FIBRE	PROTEIN	SALT
13g	3g	5g	0.1g

\*PER SERVING

## Hazelnut and raspberry cake

Life is too short not to eat cake, and a change of diet needn't mean missing out, so bake this lusciously light cake and invite dairy and gluten-free friends around for tea!

SKILL LEVEL: SERVES 4 PREPARATION: 10 minutes COOKING: 25 minutes

#### HOW TO MAKE

**1** Preheat the oven to 170°C/325°F/Gas Mark 3. Lightly grease and line a 22cm (8½in) round spring-form cake tin with baking paper.

**2** Sift together the flour, baking powder and spices.

**3** Use an electric mixer to beat the eggs and sugar until pale and thick. Fold in the spiced flour mixture, hazelnut meal, oil, lemon zest and half the raspberries.

**4** Spoon into the tin and decorate the top with the remaining raspberries. Bake for 40–45 minutes or until golden and a skewer poked into the centre comes out clean. If the cake browns too quickly, cover the top with foil. Cool in the tin for 10 minutes, then remove the sides of the tin and cool on a wire rack.

**5** Scatter with hazelnuts and raspberries and serve with yoghurt. This cake will keep in an airtight container in a cool place for 4 days.



This recipe is taken from *Real Delicious* by Chrissy Freer (Murdoch Books, £14.99)

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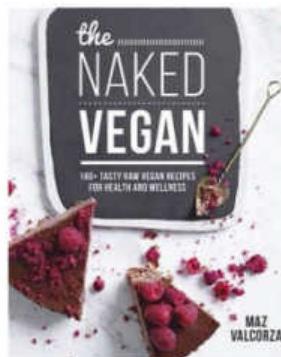
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# Cook's bookshelf

The perfect starting point to find cookbooks packed with gluten-free recipes



EDITOR'S PICK



## The Naked Vegan

by Maz Valcorza  
£14.99, Murdoch Books

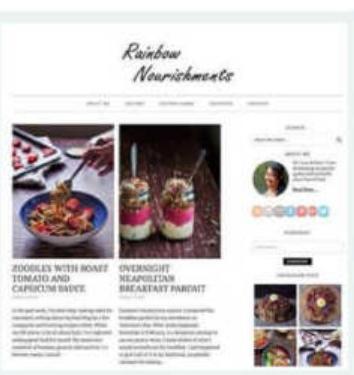
Discover how adopting a raw 'uncooked lifestyle' could improve your digestion, sleep, concentration and appearance, with this collection of over 140 recipes. From everyday staples like bread, to showstopping dinner party puds, and even immune-boosting tonics, you'll love Maz Valcorza's approach. She opened Sydney's first raw vegan café, Sadhana Kitchen, after

converting to a raw lifestyle in 2011, and these gorgeous recipes, illustrated with stunning photography, are sure to convert you, too.

## Blog of the issue

[rainbownourishments.com](http://rainbownourishments.com)

Australian blogger Anthea creates colourful plant-based recipes, and aims to promote an ethical, healthy and sustainable lifestyle. Her recipes range from healthy breakfast 'parfaits' to savoury dinners and ice cream cakes, all beautifully photographed to capture the dishes' colour and vibrancy.



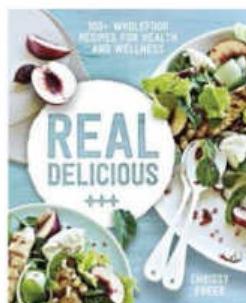
TIS MONTS SWEET LOVE...

## Keep it Real

by Calgary Avansino  
£25, Yellow Kite



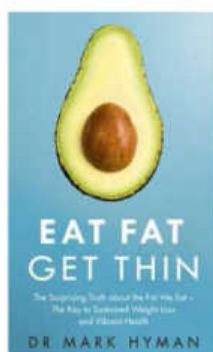
This is the first healthy-living book from mother-of-three Calgary, aimed at nourishing the whole family with plant-based foods. As well as over 100 tasty recipes, there are tips on everything from freezing food to planning meals.



## Real Delicious

by Chrissy Freer  
£14.99, Murdoch Books

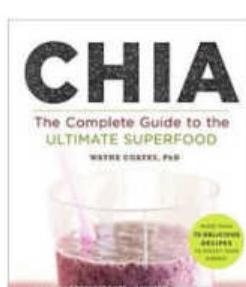
Chrissy Freer continues to stress the importance of eating whole foods in her third book, with over 100 quick, easy and satisfying recipes. A healthy-eating bible that will put you on the path to a healthier, happier lifestyle!



## Eat Fat, Get Thin

by Dr Mark Hyman  
£13.99, Yellow Kite

If you always choose the low-fat option, this book may just change your habits as it reveals the importance of fat in weight loss and overall health. With advice, recipes and even shopping lists, it also helps you to apply this knowledge to your everyday life.



## Chia

by Wayne Coates, PhD  
£9.99, Sterling

Featuring more than 75 delicious chia-seed recipes to boost your energy, this book shows you how to take advantage of this versatile and protein-packed superfood. There's a healthy-eating and exercise plan, too.

# Conversion charts

Our weights and measures are provided in metric, but if you'd prefer to use imperial or US measures here's a set of handy conversion tables

## US CUPS

Officially, a US cup is 240ml. This is slightly different to an Australian, Canadian and South African cup, which is 250ml. As long as you use the same cup for measuring out each of your ingredients, the proportions should work out the same.

INGREDIENT	1 CUP	¾ CUP	²/₃ CUP	½ CUP	¹/₃ CUP	¹/₄ CUP	2 TBSP
Flour	120g	90g	80g	60g	40g	30g	15g
Flour (sieved)	110g	80g	50g	55g	35g	27g	13g
Sugar (granulated)	200g	150g	130g	100g	65g	50g	25g
Icing Sugar	100g	75g	70g	50g	35g	25g	13g
Brown Sugar	180g	135g	120g	90g	60g	45g	23g
Cornflour (corn starch)	120g	90g	80g	60g	40g	30g	15g
Rice (uncooked)	190g	140g	125g	95g	65g	48g	24g
Polenta (uncooked)	180g	135g	120g	90g	60g	45g	22g
Oats (uncooked)	90g	65g	60g	45g	30g	22g	11g
Table Salt	300g	230g	200g	150g	100g	75g	40g
Butter	240g	180g	160g	120g	80g	60g	30g
Nuts (chopped)	150g	110g	100g	75g	50g	40g	20g
Nuts (ground)	120g	90g	80g	60g	40g	30g	15g
Breadcrumbs (fresh)	60g	45g	40g	30g	20g	15g	10g
Breadcrumbs (dry)	150g	110g	100g	75g	50g	40g	20g
Sultanas / Raisins	200g	150g	130g	100g	65g	50g	22g

## OVEN TEMPERATURES

°Celcius	Fan°Celcius	°Farenheit	Gas mark	Description
110	90	225	¼	Cool
120	100	250	½	Cool
140	120	275	1	Very low
150	130	300	2	Low
160	140	325	3	Warm
180	160	350	4	Moderate
190	170	375	5	Moderately hot
200	180	400	6	Hot
220	200	425	7	Hot
230	210	450	8	Very hot

## WEIGHT (SOLIDS)

METRIC	IMPERIAL
7g	⅓ oz
15g	⅔ oz
20g	⅔ oz
25g	1 oz
40g	1 ½ oz
50g	2 oz
60g	2 ½ oz
75g	3 oz
100g	3 ½ oz
125g	4 oz
140g	4 ½ oz
150g	5 oz
165g	5 ½ oz
175g	6 oz
200g	7 oz
225g	8 oz
250g	9 oz
275g	10 oz
300g	11 oz
350g	12 oz
375g	13 oz
400g	14 oz
425g	15 oz
450g	1 lb
500g	1 lb 2 oz
550g	1 ¼ lb
600g	1 lb 5 oz
650g	1 lb 7 oz
675g	1 ½ lb
700g	1 lb 9 oz
750g	1 lb 11 oz
800g	1 ¾ lb
900g	2 lb
1kg	2 ¼ lb
1.1kg	2 ½ lb
1.25kg	2 ¾ lb
1.35kg	3 lb
1.5kg	3 lb 6 oz
1.8kg	4 lb
2kg	4 ½ lb
2.25kg	5 lb
2.5kg	5 ½ lb
2.75kg	6 lb
3kg	6 lb 8 oz

## VOLUME (LIQUIDS)

METRIC	IMPERIAL	US
5ml	1 tsp	
10ml	1 dessert sp	
15ml	1 tbsp	
30ml	1 fl oz	
40ml	1 ½ fl oz	
50ml	2 fl oz	¼ cup
60ml	2 ½ fl oz	
75ml	3 fl oz	
100ml	3 ½ fl oz	
125ml	4 fl oz	½ cup
150ml	5 fl oz / ¼ pint	
175ml	6 fl oz	¾ cup
200ml	7 fl oz	
250ml	8 fl oz	1 cup
300ml	10 fl oz / ½ pint	1 ¼ cups
350ml	12 fl oz	
370ml	13 fl oz	
400ml	14 fl oz	
425ml	15 fl oz / ¾ pint	
450ml	16 fl oz	2 cups
500ml	18 fl oz	
550ml	19 fl oz	
600ml	20 fl oz / 1 pint	2 ½ cups
700ml	1 ¼ pints	
850ml	1 ½ pints	
1 litre	1 ¾ pints	1 quart
1.2 litres	2 pints	
1.5	2 ½ pints	
1.8 litres	3 pints	
2 litres	3 ½ pints	

## MEASUREMENTS

5mm	¼ inch	15cm	6 inches
1cm	½ inch	17cm	6 ½ inches
2cm	¾ inch	18cm	7 inches
2.5cm	1 inch	20cm	8 inches
3cm	1 ¼ inches	23cm	9 inches
4cm	1 ½ inches	24cm	9 ½ inches
5cm	2 inches	25cm	10 inches
7.5cm	3 inches	28cm	11 inches
10cm	4 inches	30cm	12 inches
12cm	4 ½ inches	32cm	12 ½ inches



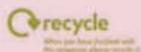
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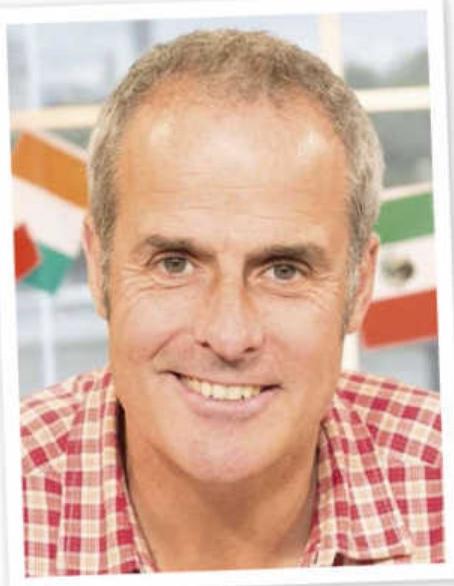
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Go bold with geometric kitchen accessories, p92



## Some great places to eat...

Two of my favourite restaurants are in Padstow in Cornwall - Rick Stein's The Seafood Restaurant and The Basement. When I'm in London, The Club at The Ivy and Bird Of Smithfield are my top choices.



### FOOD PHILOSOPHY

I believe that your meals should be made with very easy and simple ingredients, cooked correctly.

### FIRST FOOD MEMORY

The earliest meal I can remember eating as a child is tripe with raw onions, vinegar and pepper!

### WHEN I'M NOT COOKING

Outside of the kitchen, I still play football - well, sort of! I also have a real love of the countryside and farming.

# My recipe for success

TV chef and food ambassador for Coeliac UK, **Phil Vickery**, shares his food philosophy and ultimate gluten-free secrets

### QUICK BITES

I tend to eat a lot of rice-based dishes, and my cheat for this is to use microwavable sachets of rice. They're brilliant as they're so easy to add other flavours to, such as tamari (gluten-free soy sauce) and fresh vegetables.



### Secret ingredient

Custard powder! One of my favourite recipes from my book is rollable pasta made from Bird's custard powder. Yep, it's true and yep, it works!



### STORE CUPBOARD ESSENTIALS

You'll never find me without stock cubes, tinned tomatoes, ready-made custard and microwaveable rice and pulses.



### Making gluten-free taste great

I developed my own gluten-free recipes and home baking range because I was getting lots of emails and letters from people who wanted simple but good products that were gluten-free, and at the time the offering was pretty dismal. My family and I don't tend to eat gluten-free, but if I'm cooking and testing they'll be tasters and let me know what they think, which is really helpful.



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